



Advice for wearing insoles

How you should be involved in decisions about your healthcare and treatment.



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Who is this leaflet for?

This leaflet is for patients who have received an insole as part of their treatment plan.

What is this leaflet about?

This leaflet will provide you with the required information to help you wear your insole and make you aware of any complications which may arise.

Why have I been prescribed an insole?

Insoles may be prescribed for the following reasons:

- **To correct the alignment of your feet and legs.**
- **To redistribute abnormal pressures, relieving painful areas.**

Why do I need to gradually wear in my insole?

Your insole may initially feel slightly strange due to the realignment of the foot and redistribution of pressure, for this reason we advise you follow a gentle wearing in period as follows:

- **Insoles should only be worn for 1 hour a day and then gradually build up wear time over 2 weeks. After this time period, you should be able to wear your insole all day, every day.**
- **Do not wear your insole for any sporting activities until you are comfortable wearing them all day.**
- **If you are diabetic or have poor sensation in your feet, please check your feet daily for any signs of redness or abrasion.**
- **Ensure shoe laces are tied firmly to prevent unnecessary movement of the insole within the shoe.**



What will I do if my insole is causing me discomfort or pain?

If your insole is causing you any discomfort or redness appears, immediately discontinue use. Please arrange an appointment with your Podiatrist as the insole may require some adjustment. Do not attempt to adjust the insole yourself (cut or make additions).

What kind of footwear should I wear with my insole?

To achieve the best results from your insole, suitable footwear must be worn, this includes:

- **Low heeled.**
- **Lacing or Velcro.**
- **Trainer or similar style of shoe.**

Shoes that are slightly wider fitting and have a removable inlay will allow more depth for fitting of your insole.



Is there any footwear which I should avoid wearing with my insole?

Yes, the following styles of footwear are unsuitable to use with an insole:

- **High heels.**
- **Canvas shoes.**
- **Sandals.**
- **Slip on/court shoes.**



An example of a insole.

How do I clean my insole?

Your insole should be cleaned using a damp cloth and allowed to air dry. If the insole becomes excessively wet, please pat dry and then air dry. Avoid contact with direct heat or chemical as this may cause the insole to lose its shape.

When will I need to renew my insole?

Once the insole becomes worn or if your symptoms return, please arrange an appointment with your Podiatrist to have them reviewed. If your insole becomes damaged, do not attempt to fix them.

Remember to always bring your insole to your Podiatry appointments.





For further information and advice please contact:

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