

Advice on the use of your Silicone Devices

What is it?

The silicone device has been made to help correct your toe position or to relieve pressure on a painful toe.



How to use

Please ensure you are wearing them correctly as shown by the Podiatrist in clinic and that they feel comfortable.

It may take time to adjust to wearing the silicone device, therefore please check your feet daily to ensure there is no irritation or breaks in the skin.

Some people with poor sensation may need to check their feet more frequently as advised.

Please remember to take them off when you bathe and are in bed.

Occasionally the silicone can cause allergies, however this is rare. They should not cause pain, blisters or other skin problems. If they appear to be doing this, then please stop wearing them until you see your Podiatrist again.

If you have an open area or an infection, then please contact your podiatry department for advice straight away.

Please remember to bring the device to **each appointment** so that they can be checked for wear and any changes that may require them to be replaced. Please remember to also bring any worn out devices back for comparison and to help with making your new one.

Care of the Device

They can be washed gently in warm, soapy water by hand or by using a soft toothbrush.

The devices can last for different durations depending on shape and amount of use.

Please keep them away from dogs and children.

For more information

If you require any assistance then please contact
Podiatry services on
0300 1314536

Or email

Esh-tr.podiatryenquiries@nhs.net

Sources of information.

East Sussex Healthcare NHS Trust <https://www.esht.nhs.uk/service/podiatry/>

The Health and Care Professions Council www.hcpc-uk.org

The Royal College of Podiatry www.cop.uk

NHS choices www.nhs.uk

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 (direct dial) or by email at: esh-tr.patientexperience@nhs.net.

Hand hygiene

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 0300 131 4500 Email: esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:
Elaine Tate Head of Podiatry and Orthotics Services, Podiatry Clinical and Team Leads

The directorate group that have agreed this patient information leaflet:
Community Health & Integrated Care

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