

Orthowedges / Heelwedge

Why have you been given this device?

You have a current foot problem. You have been given a device especially suited to your needs. All the evidence shows that keeping the pressure off your foot will increase your chances of healing quickly. This device will enable this. This leaflet will tell you how to put your device on and off and how to look after it. If you have any further questions, please speak to one of your podiatry team.

Whilst your device helps to offload the pressure, it is still important that you reduce your activity to ensure you weight bear as little as possible. It is advisable to wear dressings or socks with the device. We recommend that you do not drive a vehicle while you are wearing this aid. Use extreme caution when climbing stairs (e.g. also stepping onto curbs) and walking on uneven surfaces. Walk more slowly than usual.

This aid is intended for single-patient use only.

Please keep hold of your device once your foot problem has resolved in case you need it for future treatment.



How to apply

This device has 2 Velcro straps.

One over the front of the foot and one at the ankle. Make sure your heel is pushed back in the Orthowedge before fastening securely with both straps.

How to remove

To remove undo the Velcro straps to allow your foot to easily step out of the Orthowedge. Do not try and remove this without undoing the straps as you could cause further damage to your foot.

When it should be worn

It should be kept on whenever you are on your feet/foot. If you are resting with your leg raised or in bed it can be removed.

Keeping it clean

The Orthowedge can be wiped clean with a wet wipe on the firmer plastic areas. The cloth areas can be wiped but will need to be dried before the Orthowedge can be worn again.

Sources of information

Podiatry ESHT Central Booking office - 0300 131 4536

The Health Care Professions Care Council (HCPC) - www.hcpc-uk.org

The Royal College of Podiatry - www.rcpod.org.uk

NHS Website - www.nhs.uk

Diabetes UK - www.diabetes.org.uk

NICE Guidelines - www.nice.org.uk

The International Working Group on the Diabetic Foot – <https://iwgdfguidelines.org>

Important information

This patient information 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 4784 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 4434 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 clinician.

Reference

The following clinicians have been consulted and agreed this patient information:

Mika Dave Consultant Podiatrist, Sandra Regan Podiatry Development Lead, Charlotte Brown Specialist Podiatrist

The Clinical Specialty/Unit that have agreed this patient information leaflet:

East Sussex Healthcare NHS Trust, Podiatry

Next review date: (June 2028)

Responsible clinician/author: (Mika Dave Consultant Podiatrist)

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