

LiquaCare[®]

Diabetic *FlowGel* Orthotics

Information for patients
Podiatry Services



Dear Patient,

You have been advised that a pair of Liquacare® Diabetic **FlowGel** Orthotics would be of benefit to you as you may be at risk of developing a foot ulcer.

As with any new insoles you must be careful, especially to begin with, when using them.

Make sure you follow the User Instructions on the back of the insole packaging regarding initial wear times and usage.

WHAT ARE LIQUACARE ORTHOTICS USED FOR?

- ❖ To reduce/even out areas of peak pressure on the soles of your feet
- ❖ To help the way your feet function
- ❖ To help improve the circulation in your feet

FOLLOWING FITTING OF LIQUACARE ORTHOTICS

- ❖ Ensure your orthotics/ insoles are worn in the correct shoe and that the back of the insole stays at the back of the shoe when the shoe is being put on.
- ❖ If you already wear an orthotic/insole for another foot problem please inform your Podiatrist.
- ❖ Make sure your orthotics/ insoles are the right way up in the shoes – the size numbers should be face down leaving your feet against the flatter side.
- ❖ Check your feet morning and evening, especially during the introductory period, for any signs of rubbing or blistering.
- ❖ Remove orthotics/insoles if they cause any rubbing or blistering and contact your podiatrist.
- ❖ You may experience a mild muscle ache in your legs until you get used to them.
- ❖ Any mild muscle ache should reduce over 7-10 days. If it doesn't reduce or you get pain instead of ache, you should remove the orthotics/insoles.

HOW TO USE YOUR LIQUACARE ORTHOTICS

Please note: Not all shoe styles are suitable for orthotics/ insoles; shoes need to be wide and deep enough so that rubbing does not occur. Your Podiatrist can give advice regarding suitable styles.

- ❖ They should be worn as much as possible after the initial introductory period and used in all suitable footwear.
- ❖ You will not benefit from these orthotics/ insoles if they are only used occasionally.
- ❖ High heels are not recommended as they reduce the effectiveness of the orthotics/ insoles.
- ❖ Your insoles should last at least 12 months.
- ❖ You should request new insoles from your GP when you or your clinician feels they need to be replaced.

CLEANING AND CARE OF YOUR LIQUACARE ORTHOTICS

- ❖ The insoles are hand or machine washable at a maximum of 60°C or 140°F.
- ❖ They should NOT be put into a dryer, or put onto a radiator to dry.

If you need this information in another language or format, please contact the NHS Lanarkshire General Enquiry Line on 08453 130 130 or e-mail info2@lanarkshire.scot.nhs.uk

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