

A friend or relative can hand in and pick up your KAFO for you **for repair or service**, if this is easier.

If you only have one KAFO please call us to ask for a spare to be made for you.

What to do if you have a Problem

- If you feel that your KAFO is uncomfortable,
- If a fault develops (for example worn or broken straps),
- If it feels loose and is not fitting or functioning correctly.

Do not attempt to carry out any repairs or adjustments yourself.

Contact us to book a return or repair appointment.

Contacting the Service Again

If you need further treatment in the future, then please request this by calling us directly or ask a Healthcare Professional to refer you back to the Orthotic service.

Further Information

For further information please to go to:

<https://www.nhsggc.scot/hospitals-services/services-a-to-z/orthotic-service-glasgow/>



How to Contact Us

Call our administrative team directly on: ☎ **0141 211 1459**

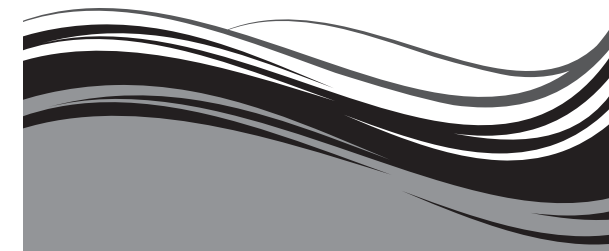
Gartnavel General Hospital

Advice about your

KAFO (Knee Ankle Foot Orthosis)



Department of Orthotics
Tel No: 0141 211 1459



Wearing Advice

This KAFO is for your use only.

When you first receive a new KAFO you should gradually get used to wearing this over the first few weeks by only wearing it for an hour at a time before checking your skin.

Once you are used to wearing this with no discomfort please wear as needed during the day.

You should not wear your KAFO in bed.

1. Skin Care

To minimise the risk of problems occurring you should carry out the following daily:

Inspect the part of your body, which is in contact with the KAFO. If required, either use a mirror or ask someone to help you with this if necessary.

If you are experiencing any discomfort or if your skin is inflamed (hot and red) or broken where it touches the KAFO then please contact us immediately.

Keep your skin clean and dry it thoroughly before putting on your KAFO.

Wear a thin garment e.g. Long sock of breathable material between your skin and the KAFO to help absorb any sweat and to reduce the risk of chafing (rubbing).

2. Care of your KAFO

It is important that you take good care of your KAFO, as this should maximise your comfort and help it last longer.

Keep it clean. Wipe any plastic parts of your KAFO with mild soap and water and dry thoroughly.

Do not dry by direct heat e.g. from a fire or radiator as this may damage your KAFO.

3. Safety Checks

- a. Make sure rivets and screws are tight
- b. Check straps are secure and free from cuts and undue wear
- c. Check knee joints and locks function smoothly

- d. Lubricate joints lightly using WD40 or a Teflon based spray.

KAFO Technical Review

It is important for a KAFO to have a regular maintenance check every 6 months to ensure the joints are safe.

It is your responsibility to arrange an appointment every 6 months to have it checked over by our technical team. If the KAFO becomes unsafe due to the absence of regular technical checks it may not be able to be repaired in future.

You can do this by calling us and asking for an appointment for a KAFO technical review. At this appointment you will need to leave the KAFO with us for at least a week to allow it to be checked and serviced by our technical team.

This is not an appointment to see an Orthotist so if you need clinical care please make a separate review appointment for this.