

Review

If a review appointment has been arranged for you it is essential that you attend this.

Contact us and we will arrange an appointment to see an Orthotist if you experience any of the following:

- If you feel your pressure redistribution is uncomfortable,
- If a fault develops,
- If you feel it is not fitting or functioning correctly,

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

Use Of Orthosis	Orthotist
For use in bed	
For use when walking	
Suitable for both bed and walking	

How to contact us

Call the GGC Referral Management Appointment Booking Centre on:
☎ 0800 592 087

or email:

✉ appointmentsbookingcentre@ggc.scot.nhs.uk

Please use these contacts for enquiries for the following clinics:

- Gartnavel General Hospital
- Glasgow Royal Infirmary
- Inverclyde Royal Hospital
- New Stobhill Hospital
- New Victoria Hospital
- Royal Alexandra Hospital
- Renfrew Health and Social Care Centre
- Queen Elizabeth University Hospital
- Vale of Leven Hospital

For further information please visit:



🌐 <https://www.nhsggc.scot/hospitals-services/services-a-to-z/orthotics/>

Advice about your

Heel Pressure Redistribution Orthosis



Department of Orthotics

☎ 0800 592 087



This leaflet provides some information on the correct use and care of your Orthosis. This is a prescribed device that you wear to assist your heel ulcer to heal. If you have any questions please contact the Orthotic Department on ☎ 0800 592 087

Skin care

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

- Inspect your legs and feet where they come in to contact with your Orthosis.
- Pay close attention to any area of ulceration or fragile skin. If required, use a mirror, camera, or ask someone to help you.
- If you are experiencing discomfort or notice any skin changes please contact us for advice.
- Keep your skin clean and dry it thoroughly before putting on your Orthosis.

Using your pressure redistribution orthosis

Your pressure redistribution Orthosis has been fitted to protect your skin and help heal an ulcer. It is very important to use this exactly as your Orthotist advises.

This will allow proper healing of the affected area and reduce the risk of further breakdown of your skin.

If your Orthosis has been prescribed for use in bed you should use it at all times when you are in bed to keep pressure away from your heel. However, do not use this while walking.

If your Orthosis has been prescribed for walking, you should use it at all times while walking.

Do not wear your own footwear or slippers at any time until your ulcer completely heals and your Orthotist tells you can do so.

Please make a review appointment with your Orthotist if your pressure redistribution Orthosis is causing redness, rubbing or discomfort.

Care of your pressure redistributing Orthosis

To maximise your comfort please take good care of your pressure redistribution Orthosis. This should also help it last longer.

Keep it clean – wipe with a cloth and soapy water or an anti-bacterial wipe.

If your Orthosis gets wet, allow it to dry naturally. Do not dry by direct heat e.g. from a fire or radiator as this may cause damage.

Safety checks

1. Make sure there are no loose or hard areas in the pressure redistribution Orthosis.
2. Check straps are secure and free from cuts and undue wear.