

Keeping Your Feet Happy & Healthy:

A GUIDE TO CLEANING YOUR CUSTOM ORTHOTICS

Keeping your custom orthotics clean is essential for optimal comfort, hygiene, and long-lasting performance. Here's a quick guide to proper cleaning:



01 — Remove Insoles Daily

- Take your orthotics out of your shoes after each wear to allow them to air out completely.
- This is helpful if you sweat alot to allow them to dry out.

02 — Spot Clean (Weekly)

- Use a damp cloth with mild soap to gently wipe down the surface.
- Don't use harsh chemicals or bleach.
- Gently wipe down the top and bottom surfaces of the orthotic.
- Don't submerge or soak your custom orthotics in water.



03 — Deep Clean (Monthly)

- For a deeper clean, you can use a soft brush with the mild soap or gentle cleaning solution.
- Pay attention to areas that might trap sweat or dirt.

04 — Air Dry Completely

- After cleaning, thoroughly air dry your orthotics in a cool, well-ventilated area.
- Avoid direct sunlight or heat sources.
- Don't use a hairdryer to speed up drying.



05 — Bonus Tips:

- Sprinkle your orthotics with baking soda to absorb odors before cleaning. Brush off before adding any moisture.
- Invest in a quality shoe deodorizer spray for an extra refresh.

Bilt Labs Cares:

By following these simple steps, you can ensure your Bilt Labs orthotics provide optimal comfort and support for a long time. If you have any questions about cleaning your orthotics, feel free to contact our friendly customer support team!