

How to use!

Basic Care Tips - Don't worry, everything is extremely simple to use - so this will be a short one!

Metatarsal cushion



1. Gently hand wash using soap or shampoo with cold/warm water to. Dry before wearing
2. If they get sticky over time – simply dust them with talcum powder to help prevent/reduce the tackiness
3. Due to the material (Which is high quality + medical grade gel) they can slip and bunch if worn without socks. For best results, wear with snug fitting socks or combined with socks and shoes

Gel Ball of foot cushions + Ball of foot Sandal Cushion



1. Please clean shoes with a damp cloth and dry before sticking the self adhesive backing, this helps ensure it adheres properly.
2. Can be used with most dress, casual or athletic shoes.
3. If they get sticky over time – simply dust them with talcum powder to help prevent/reduce the tackiness