

How to Wear?

- Make sure you order the right fit as per Size Chart below
- Insert the insole into your footwear and make sure its well settled along the walls of the shoe
- Wear soft Cotton Socks that allow your skin to breathe as much as possible
- Put on the shoes and check for comfort. Remove the insoles regularly to dry out the shoe and wash the insole as well



Graphic Courtesy: Oppo Medical Inc.

REMEMBER

- Even if you have discomfort in one foot only, always use the insoles for both feet so that your weight is evenly balanced

- Always wear comfortable shoes which fit around your foot well
- Avoid direct contact with open wounds

P.S.: If you have sensitive or allergenic skin, kindly consult your Physician or Foot Specialist before using this product