

DIABETIC SHOES & INSERTS
Information, Maintenance & Safety



Men



Women



Inserts

1 | Purpose

Proper foot care is an important part of diabetes management. Diabetics are at an extremely increased risk of serious foot disorders, and foot problems are the most common diabetes complication leading to hospitalizations. Ulcers or sores on the feet can be caused by improper shoe gear, which can result in infection and possible amputation. Studies show that well-fitted diabetic shoes with moldable insoles reduce the development of these ulcers and sores.

By starting preventive measures early, it is possible to avoid later foot complications and maintain an independent, active lifestyle. Therapeutic shoes and insoles are an excellent first step toward better foot health.

Each shoe and insole will have manufacturer education and warranty information included for your reference.

2 | Maintenance

Diabetic Shoes	Inserts
<ul style="list-style-type: none"> For routine cleaning use a soft cloth with mild soap or a specialized cleaner for soiled areas. 	<ul style="list-style-type: none"> Remove inserts from shoes every night to let them dry out, as moisture can lead to bacteria growth.
<ul style="list-style-type: none"> Use a mixture of white vinegar and water to sanitize. 	<ul style="list-style-type: none"> Use a damp cloth with mild soap to gently remove dirt.
<ul style="list-style-type: none"> DO NOT put diabetic shoes in the washing machine or dryer, as this could destroy the protective structure. 	<ul style="list-style-type: none"> For odor control, sprinkle baking soda or gently spray a 50/50 mixture of white vinegar and water for cleaning and deodorizing.
<ul style="list-style-type: none"> Allow shoes to air dry completely in a well-ventilated area, avoiding direct sunlight or high heat which can warp materials. 	<ul style="list-style-type: none"> Never put inserts in the washing machine or dishwasher as heat could destroy them.
<ul style="list-style-type: none"> Replace or clean insoles regularly, as they accumulate sweat and bacteria. 	

3 | Wear & Storage

- Store in a cool, dry place away from direct sunlight.
- Diabetic shoes should be replaced every year to ensure they continue to provide adequate protection and support.
- Rotate between pairs when possible to allow each pair to fully air out between wearings.
- Always wear socks with diabetic shoes — never wear them barefoot.

4 | What to Avoid

- Never wear shoes without socks.
- Do not use harsh detergents, bleach, or high heat to clean or dry shoes or inserts.
- Do not put diabetic shoes or inserts in the washing machine, dryer, or dishwasher.
- Avoid wearing the same pair every day — rotating pairs extends the life of each and reduces bacterial buildup.
- Do not ignore new sores, blisters, redness, or irritation. Contact your physician promptly if skin breakdown occurs.

5 | Safety Precautions

Some basic safety concerns in relation to the care and use of your diabetic shoes and inserts:

- Inspect your feet daily for cuts, blisters, redness, swelling, or nail problems. Nerve damage from diabetes can prevent you from feeling foot injuries.
- Always check the inside of your shoes before putting them on to ensure no objects or debris are present that could cause irritation or injury.
- Ensure shoes fit properly at the time of fitting. Feet can swell during the day — have your feet measured in the afternoon when they are at their largest.
- Do not modify shoes or inserts in any way without consulting your physician or prescribing provider.
- In the event of a foot wound or infection, contact your physician immediately. Call 911 for emergencies.
- Contact CareLinc for any questions about your equipment. Never attempt to structurally repair or alter your shoes.

For additional resources visit www.carelinmed.com/resources/document-library or call CareLinc at 616.249.2273 to speak with a CareLinc representative.