



AFO/KAFO

Ankle-foot orthosis/Knee-ankle-foot orthosis

To Learn More

- Orthotics and Prosthetics
206-987-8448
- Ask your child's healthcare provider
- www.seattlechildrens.org

Putting on the brace

1. Put a clean, dry, cotton sock on your child. Make sure there are no wrinkles.
2. Place your child's foot flat into the brace with the heel all the way back.
3. Tighten the ankle strap. This will hold the foot in the correct position.
4. Tighten the calf and thigh straps.
5. Put shoes on. Shoes or slippers should be worn at all times, unless the brace is for nighttime use.

Daily cleaning of the brace

- Clean the brace daily with a washcloth dampened with rubbing alcohol.
- Do not cover the brace with water. Moisture becomes trapped under the foam, causing germs to grow. This will cause the brace to smell.

Daily cleaning of your child's foot

- Clean your child's foot with soap and water each day.
- Inspect the skin each day, looking for red marks that do not fade within 30 minutes after removing the brace.
- Sores or excessive calluses should not develop.
- Put a clean, dry, cotton sock on your child's foot.

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.

Wear schedule

- New braces should be worn for one hour. Then, inspect skin and increase wearing time as tolerated.
- Work up to wearing the brace _____ hours each day.

When should I call the Orthotics Department?

- Call the Orthotics Department with any brace-related problems, including strap replacement, growth adjustment or skin/fitting issues.
- If your child develops sores or excessive calluses.
- To schedule follow-up and return appointments, please call 206-987-8448. **All patients** need scheduled appointments.

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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