Of skin and pain

Skin

Some temporary redness can occur when an AFO is removed. What matters is **how the skin looks and how long the redness lasts**.

After removing the AFO, check the skin for:

- redness
- blisters
- swelling
- bruising
- cuts or abrasions
- unusual tenderness
- pressure marks

As a general guideline, redness or darkened skin should fade in approximately **30 minutes**. For persistent redness call the orthotist.

Children who have reduced sensation may not be able to tell you that an area hurts, making regular visual skin checks especially important, every time you remove the AFO.

What If the AFO Hurts?

An AFO should **not** cause pain.

If your child complains that the brace hurts, try to determine:

- Where does it hurt?
- Does it hurt immediately or after wearing it for a while?
- Is there redness in that location?
- Did the problem start after your child grew?
- Does it happen only with a particular shoe?
- Has the AFO changed or been repaired recently?

Pain can be a sign that the AFO needs to be adjusted, that the shoe is too small, or that your child's anatomy or movement has changed.

Do not modify or cut the AFO yourself unless specifically instructed by your orthotist.