

POST OP SHOE ROUND TOE

SUP3100BLK

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OWNER'S MANUAL

POST OP SHOE ROUND TOE

HOW TO CHOOSE THE RIGHT SIZE

Measuring Your Foot: Measure from heel to toe and compare with the size chart.

Accounting for Swelling & Bandages: If you have heavy bandaging or swelling, consider sizing up.

Fit Expectation:

- Extra space in the toe box is intentional to protect your foot.
- The shoe should feel secure but not tight.
- If the shoe feels too big without bandages, adjust the straps accordingly.

Size chart

Size	Men's Shoe	Women's Shoe	Foot Length (In)
XXS	-	5	8.5" - 9"
XS	5.5	6 - 7.5	9" - 9.5"
S	6- 7.5	8 - 9.5	9.5" - 10.5"
M	8 - 9.5	10 - 11.5	10.5" - 11"
L	10 - 11	12 - 13	11" - 11.5"
XL	11.5 - 13	13.5 - 14.5	11.5" - 12.5"
XXL	13.5 - 14.5	14.5 - 15.5	12.5" - 13"

WHAT'S INCLUDED

- 1x Post Op Shoe Round Toe
- 2x Extender Tabs
- 1x Owner's Manual



INSTRUCTIONS FOR USE

Product Description

Post op shoe round toe is designed to provide comfort and support during foot injury recovery. It offers a stable and protective platform for walking, reducing pressure on injured areas while promoting proper healing.

Intended Use

The medical device is designed to provide support, compression, and/or immobilization for musculoskeletal injuries, post-operative recovery, and chronic conditions. It is intended to aid in the relief of pain, reduce swelling, and promote healing of specific body areas. The device may be used under the guidance of a healthcare professional for rehabilitation, pain management, or daily support.

User Profile

Primary users: Adults ages 18+, healthcare professionals including physicians, orthopedic specialists, physical therapists, and other qualified practitioners.

Secondary users: Patients or caregivers instructed by healthcare professionals on proper application and use.

Environment

The medical devices are intended for use in various healthcare settings. Suitable for both indoor and outdoor applications within typical residential, commercial, and occupational settings, addressing the requirements of daily living scenarios.

Performance Characteristics

- Weight Capacity: 250 lbs
- Material Specifications:
 - Outsole: TPR
 - Upper: Polyester
 - Hook and Loop Strap: Nylon
- Adjustability: Secured with two fastener straps and includes two extender tabs for accommodating bandages and swelling.

Contraindications

- Weight restrictions
- Medical conditions
- Usage limitations
 - Deep Vein Thrombosis (DVT).
 - Uncontrolled diabetes with severe neuropathy.
 - Active infections or open wounds on the foot.

- Certain types of fractures or injuries requiring more rigid immobilization.
- Allergies to materials used in the shoe.
- Severe balance issues.
- Certain neurological conditions affecting gait and posture.
- Recent skin grafts or flaps on the foot requiring different post-operative care.
- Severe foot deformities preventing proper fitting.
- Untreated or undiagnosed foot or ankle pain.
- Some cases of complex regional pain syndrome (CRPS).
- Certain types of tendon repairs requiring different foot positioning.
- Severe arthritis in the ankle or foot that may be aggravated by the shoe's design.
- Lymphedema of the lower extremity.

INSTRUCTIONS FOR USE

This shoe is designed to allow room for bandages and swelling. It should feel secure but not tight. Extra room in the toe box is normal and helps protect your foot.

1. Loosen the strap and place your foot into the shoe.



2. Pull and secure the hook and loop straps.



3. If desired, cut the excess top strap length for a custom fit.



Extra space between your toes and the shoe is ideal for protection.



BREAK-IN PERIOD

If the shoe feels too loose without swelling or bandages, adjust the straps securely before deciding if the size is incorrect.

Common Fit Issues & Solutions

Issue	Possible Cause	Solution
Shoe feels too big	Not wearing with bandages	Tighten straps securely
Foot is sliding forward	Straps not properly adjusted	Ensure snug fit using extender tabs if needed
Feels too tight	Swelling is severe or bandages are thick	Try loosening straps or sizing up
Straps too long	Slim foot, minimal bandages	Trim only if necessary (see warning above)



Getting Started With Your Post-Op Shoe

- Start with short periods (15-30 minutes) of wear unless otherwise directed by your healthcare provider.
- Initial discomfort is normal as your foot adjusts to the shoe.
- Watch for any areas of pressure or rubbing.

During First Week

- Gradually increase wearing time as tolerated.
- Check your foot after each use for:
 - Red marks that don't fade quickly
 - Areas of irritation
 - Signs of pressure points
- Adjust straps if needed for better comfort.

Tips for Comfort

- Wear appropriate socks as recommended by your doctor
- Start with shorter walking distances
- Make sure straps are secure but not too tight
- Use extender tabs if needed to accommodate swelling
- Take breaks if you notice any discomfort

When to Contact Your Doctor

- If pain increases
- If you develop new pressure points
- If swelling doesn't improve
- If you have questions about proper fit

NOTE:

Always follow your healthcare provider's specific instructions, as they may vary based on your condition and treatment plan.

CARE INSTRUCTIONS

- Not machine washable or dryable.
- Clean by spot cleaning only.
- Store in a cool, dry place away from direct sunlight.
- Keep away from sharp objects that could damage the shoe.

WARNINGS ⚠

- Do not overtighten straps, as this may impair circulation.
- Stop use if pain worsens or if you experience any swelling, discomfort, or other adverse reactions.
- Do not use on open wounds without proper dressing and healthcare provider approval.
- Consult your doctor before use, especially if you have diabetes, vascular issues, or neuropathy.
- Be cautious when walking, especially on wet or uneven surfaces, as the shoe alters your normal gait.
- Do not drive while wearing the shoe unless approved by your healthcare provider.
- Regularly inspect your foot and the inside of the shoe for any signs of pressure points or irritation.
- If you have diabetes or decreased sensation in your feet, have someone else check your foot daily.
- Do not modify the shoe without consulting your healthcare provider.
- Replace the shoe if it becomes worn or damaged.
- Use caution when adjusting straps to avoid pinching skin.

MANUFACTURE AND PRODUCT INFORMATION

Manufacturer



Vive Health

8955 Fontana Del Sol Way
Naples FL 34109

service@vivehealth.com
1-800-487-3808
vivehealth.com

SIGNS AND SYMBOLS

	Medical device indication ISO/DIS 15223-1:2020 Reference no. 5.7.7 Indicates the item is a Medical Device.
	Consult instructions for use ISO 7000-1641 Indicates the need for the user to consult the Instructions for Use.
	Manufacturer ISO 7000-3082 To identify the manufacturer of the Medical Device.
	Date of manufacture ISO 7000-2497 To indicate the date on which the Medical Device was manufactured.
	Importer To identify the importer of the Medical Device.
	Caution ISO 15223-1, Clause 5.4.4 To indicate the need for the user to consult the Instructions for Use for important cautionary information such as warnings and precautions that cannot, for a variety of reasons, be presented on the Medical Device itself.
	SUP3100BLK
	Indicates a medical device that has not been subjected to a sterilization process.
	Latex Free
	Indicates a carrier that contains Unique Device Identifier information.
	Indicates a medical device that needs to be protected from moisture.
	Indicates a medical device that needs protection from light sources.

IMPORTANT SAFETY NOTICE!!

If you experience any serious incident related to the use of this device, immediately discontinue use and report it to:

1. The manufacturer: Vive Health (8955 Fontana Del Sol Way, Naples FL 34109)
2. Contact your national health authority or medical device regulator.
3. Your healthcare provider.

A serious incident is any incident that directly or indirectly led, might have led, or might lead to:

- Death of a patient, user, or other person.
- Temporary or permanent serious deterioration of a patient's, user's, or other person's state of health.
- A serious public health threat

For any questions or concerns that are not serious incidents, please contact Vive Health Customer Service at service@vivehealth.com, 1-800-487-3808, or visit vivehealth.com.

NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.



HAVE MORE QUESTIONS?

Check out our list of Frequently Asked Questions
at vhealth.link/k5i for helpful answers.



And if that doesn't answer your question, our
customer service team would love to help!
Feel free to connect with them by phone,
e-mail, or chat on our website

service@vivehealth.com
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