

## HORSE SHOE PADDING

This padding is particularly helpful for padding painful callouses under the forefoot.

Start by washing the foot and paring down the callous as much as possible with a pumice stone or callous scraper (sharp instruments not recommended).

Dry your foot well. If desired, you can buy a skin adhesive spray from sporting goods stores like Big 5. If you apply this now, you will increase the wear time of the pad.

Apply the horseshoe pad with the opening (notch) over the callous. Take the 1" tape and apply it over the pad so that it extends 1/2" over the edge of the pad.

It is ok to get the pad wet as long as you dry it well after your bath or shower. Swimming with the pad will decrease its longevity.

### Shoe padding

You can also use this pad to accommodate around bunions in your shoe instead of on your foot. To do this, put some lipstick on your bunion and put your barefoot in the shoe. Push on the outside of the shoe over the bunion and take your foot out. There should be a lipstick mark on the bunion area of the shoe. Now place the horseshoe pad in the shoe so that the cut out area is over the lipstick. This should reduce bunion pressure in your shoe so you will not have pain in this area. If you have questions about this procedure, please ask our staff!

Sincerely,  
Drs. Wilson and Ichikawa

