





Australian Distributor of UNFO



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UNFO Brace for Metatarsus Adductus (MTA): Instructions for Parents

The UNFO box includes an additional strap, a user manual, and the UNFO BRACE. The use of the UNFO BRACE should only be upon a doctor's recommendation. The UNFO BRACE is comprised of three components: the brace body, the cushion, and the strap.

Rest assured, the therapy is not painful for the baby. Typically, the therapy lasts between six to eight weeks of continuous wear, followed by an additional six to eight weeks of overnight-only use.

The therapist will determine the duration of therapy based on the severity of the case and the progress observed during treatment.

Installing the UNFO Brace

Before installing the UNFO BRACE on the baby's foot, it is essential to ensure that a sock is worn. The sock must be 100% cotton, snug, and free of folds, as any folds may cause redness in the area.

Please carefully follow these steps:

- Prior to setup, position the cushion as close to the brace's body as possible.
- Once the cushion and brace body are aligned, hold the baby's foot and position the heel directly into place. Lift the toe fastener and insert the rest of the foot.
- Ensure a snug fit between the heel and the end of the brace, making sure the entire foot is in firm contact with the bottom of the brace.
- After placing the foot into the brace, adjust the cushion to center it on the foot, aligning it with the middle of the shin.
- Securely embrace the foot and cushion together, avoiding any gaps between them. Then, thread the strap over the foot and the brace body. Do not overtighten the strap excessively. Proper tightening will ensure that the brace remains securely in place.

HOW TO USE



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Post-Installation Instructions

On the **first day**, the brace should be removed every two hours for 10 minutes. Reinstall the brace once the ten minutes have elapsed. During the **first night**, the brace does not need to be removed unless the baby cries and no other cause for the crying is identified. In such cases, the brace can be removed for that night only and reattached in the morning.

On the **second day**, remove the brace every two hours for ten minutes until the evening bath. After the bath, the protocol for the first two weeks begins.

During the **first two weeks**, the brace should be worn 24 hours a day, only being removed twice daily: in the morning for changing clothes and socks, and in the evening for bathing and changing clothes.

Two weeks post-installation, a visit to the therapist is required for the **first checkup**. Even if the appointment is scheduled for three weeks later, do not discontinue treatment before consulting the therapist.

Possible Side Effects

Here are three **possible side effects** of the therapy and how to manage them:

Slight foot redness is common and typically requires no special treatment. If the redness is significant, apply two pieces of medical paper Band-Aid over the affected area and continue therapy as usual.

If **bedsores or blisters** develop on the baby's foot, which often results from over-tightening the strap or improper setup, therapy should be paused for about two hours. Apply an anti-irritation cream to the area and cover it with a Band-Aid. After two hours, resume therapy. If the condition worsens, consult your therapist.

If the **baby removes** the brace from their foot, verify that it was installed according to the instructions. If it was, we recommend wrapping the brace three times from the heel to the cushion using a medical paper Band-Aid.

