

Bunion Putty



Instructions for Use

Combine the putty using about half a tablespoon from each jar (A).

Put the two together (B) and knead them for

30 seconds to a minute (C), until you make a smooth ball and the putty is completely mixed together.

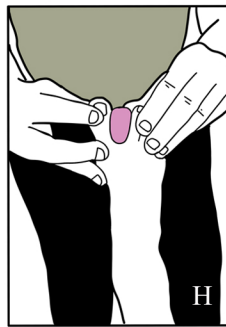
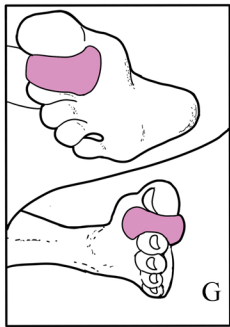
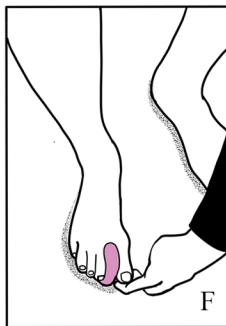
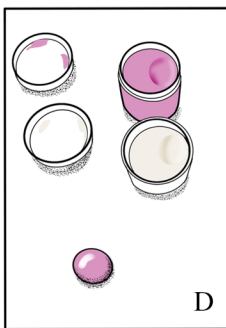
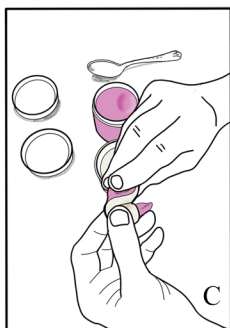
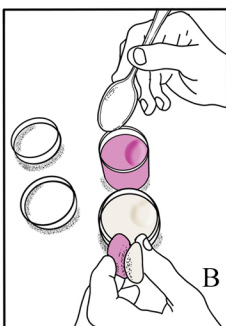
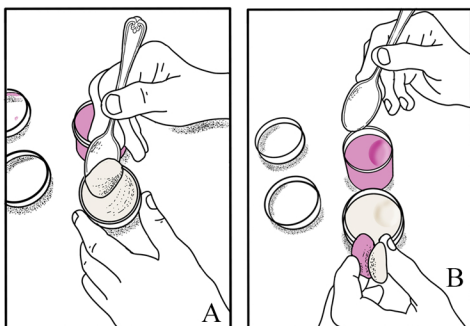
Let the putty ball sit for 1 minute as it starts to become firm (D).

When slightly firm, place the silicone between the first and second toe (E), keeping them slightly separated for the 2 minutes it takes the silicone to harden. You may put your foot on the floor to flatten the bottom of the putty (F), and use your finger to make sure the putty fits into the contours of your toes (G).

After the two minutes are up, remove and place it aside as it will take another 5 minutes for it to completely cure. After that, it's ready to use.

If you're making a custom toe separator for use at night, you will want to make it slightly larger than the toe separator for everyday use. If you don't feel comfortable making the toe separator yourself, ask your podiatrist or other health care practitioner to make it for you (H).

If you are making a custom toe separator for each foot, it's helpful to carve a small "R" and "L" into the top of each one (I), before the putty completely hardens.



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