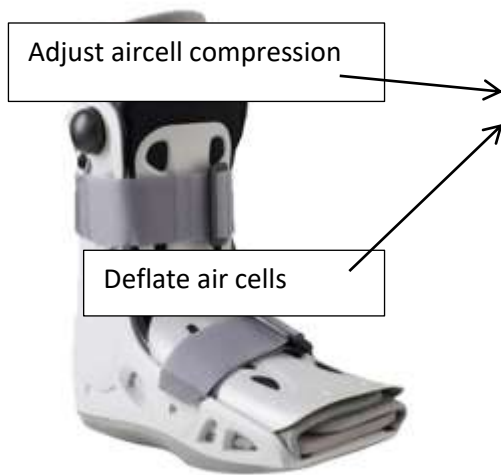


Aircast boots: General Information



The standard walking boot provides support after a surgical procedure.

For ALL Boots that are applied in theatre and that have a dressing applied, the PUMP mechanism must NOT be used as this will cause undue pressure areas and can lead to wound problems and pressure sores. **Please do not use the Pump mechanism until specifically instructed to do so by your Doctor.**

Once you have been given the go ahead to inflate the airbags by the doctor: The air bags allow compression around the ankle and foot: it is important not to over inflate the air cells as this can possibly cause skin irritation. The skin should be checked at regular intervals for skin irritation or “hot spots”. If there are any skin changes or feelings of discomfort, then the air bags should be deflated to a comfortable pressure.

General Advice

The boot should be a comfortable fit (not too tight). If it is too tight, release either the straps or release some air until a snug fit is achieved

Do not over-inflate directly over a wound (even though it may look healed). This can lead to a wound breakdown, potentially causing a pressure sore

Spend about 2 to 3 hours each day with your ankle elevated above the level of your heart. This helps to reduce swelling and bruising. Deflate the airbags slightly whilst resting then reapply

If you have been told you can remove the boot, check your foot several times throughout the day for any sore areas. If you have any concerns contact your provider

Be careful when walking in your boot (if you are allowed to weight bear on your injured leg); it has a “rocker” bottom which has a roll effect

The boot’s sole is thicker than most shoes which will make the affected leg slightly higher than the other. Be careful when walking – use any crutches provided until you are confident

Please note the air bags must be deflated when at high altitudes as they will expand beyond their optimal level. If on an airline flights deflate the cells and loosen the straps

Walk carefully on wet or uneven ground

Higher pressure provides more support when walking, lower pressure is more comfortable when sitting or reclining. Pressure can also be adjusted by tightening or loosening the straps

Cleaning Tips

Remove the boot once each day to wash your skin, check the injured area, and apply ice directly to the spot of your injury. Do not apply ice if you have an ulcer or post-surgical wound. When you put the boot back on, you may need to inflate the airbags again. If you feel that you need more support when you put the boot back on, add air to the air bags (follow Step 7 above) and let out any excess air.

If your healthcare provider has told you that it is OK to shower, you can remove the boot to bathe, but do not soak y
The liner can be washed with mild detergent and water at 86°F/30°C and air dried.our injured leg in a hot tub or bath. Your doctor will inform you as to whether you can put any weight on your foot **If you are told you can fully weight bear whilst in the boot:** This means that you can put your full weight on the floor whilst the boot is on. If you are told you **are not to put any weight on your limb whilst in the boot:** This means that no weight can be put on the floor either to walk on or to assist walking. You will need to use crutches/frame to support you.

If you have been asked to take the boot off at night, please have crutches or a frame available by your bedside so that you do not accidentally put weight on the ground.

If you are told that you can partial weight bear whilst in the boot: This means that some weight can be used on the affected foot to put the boot on the floor by using the front sole of the boot. The exact amount of weight and the means of judging it will be communicated by your physiotherapist/doctor.

If you are told you are to wear the boot at night: This means that the boot has to remain on all the time even in bed. Release some of the air in the boot to a comfortable level making sure there is no pressure on the limb. If you have been told that you can fully weight bear throughout the day an old pillow case could be used to cover the boot to maintain hygiene and stop bed clothing from getting stained/soiled at night. If you are told you can take the boot off at night you will either need to put the boot back on or use crutches to get to the toilet. Under no circumstances put your weight on the floor as this may cause damage to your limb.

If you are told you can take the boot off to wash: You should not stand without the support of the boot at any time as this could cause further injury to the limb. A boot can be removed to wash and check on limbs for soreness and pressure relief. Standing in a bath or shower is not recommended. Alternative arrangements have to be found e.g. sitting on a chair/ seat in a shower is ok providing no weight is put on your foot.

Must-Do List

DO wear the boot and follow the weight bearing instructions from your healthcare provider.

DO be careful when walking in your boot (if you are allowed to put weight on your injured leg); it has a “rocker” bottom.

DO walk carefully when you see uneven or wet surfaces.

DO be sure to rest your injured leg every day for as long as you can.

DO ice your leg to reduce swelling according to the instructions your healthcare provider gives you. DO wear your sock and boot any time you are on your feet.

DO spend about 2 to -3 hours each day with your ankle elevated above the level of your heart. This helps to reduce swelling and bruising. When to Call Us Please call the number at the top of this sheet if you notice that: the skin on your injured leg is painful, irritated or red a part of your boot appears to be broken or damaged you continue to have significant pain and swelling even after regularly icing and elevating your leg your wound is draining excessively and doesn't appear to be stopping.

How to Fit Your Boot –a long cotton sock will enhance comfort – we recommend a knee high sock either a football sock or one typically used with walking boots.

Prepare the boot

Check aircells are deflated (see deflate Aircells below).

Unfasten the straps.

Remove front panel

Open liner.

Apply the boot

While seated, place foot in the boot.

Position heel against the back of the boot.

Wrap the liner around the foot then leg.

Replace the front panel.

Position the front panel so the Aircast logo is over the toes

Secure straps from bottom to the top

Tighten until snug and comfortable.

Adjust Aircell Compression

The Standard walking boot aircells are initially deflated. ↓

Begin inflation on injured side first. Turn the SELECTOR found on the right-side of the boot to the appropriate number.

Number 1 inflates the aircell on the right-side.

Number 2 inflates the aircell on the Left-side.

To inflate aircell, Press and release LARGE inflation pump found on the top right-side of the boot, ensuring that the small hole is covered whilst doing so. Pump until the aircell feels snug.

Repeat to inflate other aircell.

Deflate aircells

Deflate aircells before removing the boot for proper fit when reapplying

To deflate aircells, turn the SELECTOR to the proper aircell number.

and hold a finger on SMALL release button found on the top of the top right-side of the boot below the SELECTOR button.

Deflate until pressure is comfortable.