Aircast boot information

How to put the boot on, take it off and other useful information.

**Putting the boot on**
- Put on the sock provided
- Open up the boot; unfasten the straps, remove the front panel, open the toe cover and foot flaps
- In sitting, place your foot in the boot, ensure your heel goes right against the back
- Wrap the foot flaps over your foot, followed by the toe cover
- Position the front cover with the inner layer inside the boot and the outer layer on the outside
- Secure the straps from the bottom to the top

**Inflate the aircells in the following order**
1. Front panel
2. Inside of leg
3. Outside of leg
4. Back of boot

**Inflating the aircells**
- Stay seated with your foot on the floor
- Insert the ‘inflate’ end of the hand pump into the valve cover the valve on the hand pump with a finger and squeeze the pump several times until snug
- Remove finger from the valve and then remove pump

**Deflating the aircells**
Insert the ‘deflate’ tip of the pump into the valve and squeeze several times until desired pressure is reached

**Useful information**
1. Ensure your lower leg is fully supported by maintaining the aircells at the correct pressure so the boot always feels snug when walking.
2. Always wear boot when walking – you should only weight bear as your physiotherapist has advised you.
3. When sleeping the boot can be removed (unless otherwise instructed by your physiotherapist), if you would prefer to keep the boot on it is advisable to remove the front panel and refasten the straps.
4. Do not wear the boot over pressure dressings.
5. While wearing the boot if you go flying ensure you deflate the aircells and remove the front panel.
6. Continue wearing the boot for as long as instructed to by your physiotherapist consultant.
Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you remain concerned, PALS can also advise upon how to make a formal complaint.

Author: Sarah Parker/Anna Knott
Department: Physiotherapy
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