Weight bearing instructions:

❒ 0% ❒ 25% ❒ 50%
❒ 75% ❒ 100%

Can you remove the boot at night when sleeping?

❒ Yes ❒ No

Questions or problems?

Call DHMC Orthopaedics at (603) 650-5133

Living with an Aircast® Boot

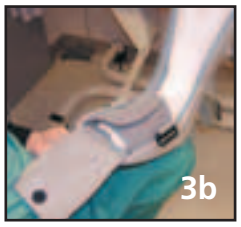
You've been given an Aircast® boot to protect your injured leg from further injury. This boot is specially designed to give you more flexibility and mobility than a standard plaster or fiberglass cast. It has inflated air bags to create a custom fit to your leg as your swelling decreases. It can also be removed for cleaning and to allow you to check your skin for irritation or redness. Here are some helpful tips about your new Aircast® boot:

How to Fit Your Boot

1. Put on the sock you received with your boot.

2. While seated, open the boot. Place your heel in so it touches the back of the boot.

3. Close the foom toe flaps – first the left side, then the right, and finally the top flap. Be sure you do not pull the top flap so tight that it crowds your toes.



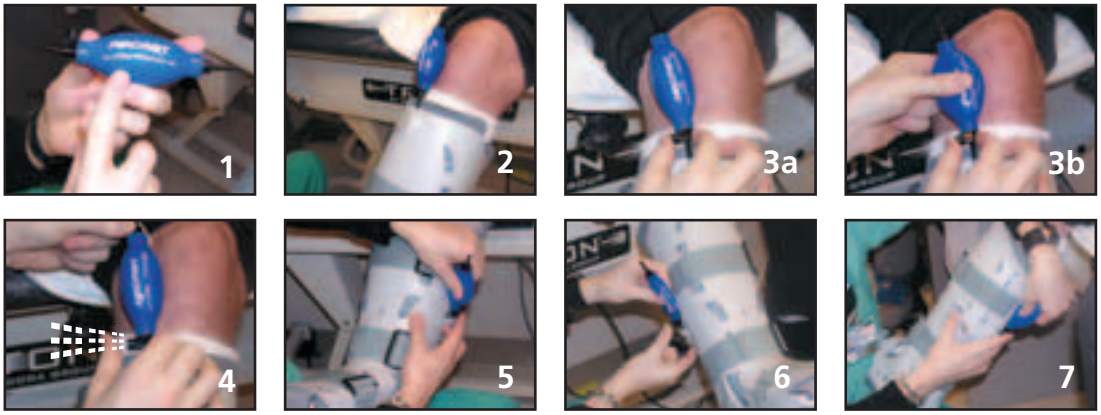
4. Tuck the plastic edges near the toes inside the boot.

5. Push the plastic edges near your calf outside of the boot.

6. Fastening the Velcro straps: start with the toe strap first, then do the calf straps to push the blood back into your body. Be sure to use both of the slots in the buckle so that the straps will not slip – this will save wear and tear on your boot.

7. Inflate the air bags in this order: top, inside, outside, and back.

To inflate each bag, insert the "inflate" end of the blue pump bulb into an air bag valve. Cover the hole on the pump with your thumb and squeeze the bulb up to 30 times so that the bag over-inflates. Let out the excess air by taking your thumb off of the valve to allow the bag to get down to the right level – you will hear a bleating sound. When the sound stops, take the pump out. You should not feel numbness or tingling in your toes.



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 your injured leg in a hot tub.

To freshen the inside of your boot, spray it lightly inside and out with an odor-eliminating product such as Febreeze® or dip a washcloth in water and a small amount of Woolite® to wipe off the boot. Be sure not to get the boot lining soaking wet. Allow it to air dry. Do not do this cleansing step if you have an open wound or an incision as it may irritate your healing skin. It is best to wait until your wound is completely closed before you try to apply any cleaning product to your boot.

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

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