

AirCast Boot



ORTHOPAEDIC UNIT: 01-293 8687 /01-293 6602

BEACON CENTRE FOR ORTHOPAEDICS:
01-2937575

PHYSIOTHERAPY DEPARTMENT: 01-2936692

Guidelines for patients using an Aircast Boot

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Introduction

If you have been diagnosed with a foot or ankle injury or have had recent foot or ankle surgery, you may be prescribed an Aircast boot.

What is an AirCast Boot?

An Aircast boot is a brand-name pneumatic walking brace used after surgery or injury to the lower leg or foot. The air cells in the brace are adjusted by the patient for a custom fit within a strong plastic shell. The support and stability offered by an Aircast boot allows patients to gradually increase weight-bearing activity on their injured leg as it heals. The boot provides support and stability, as well as a custom fit throughout the healing process.

Fitting of the boot

1. A physiotherapist or another health care professional will fit the boot to your foot/ ankle depending on your shoe size.
2. The foot is placed in the boot and the adjustable straps and Velcro straps are fitted for comfort.

AirCast Boot

3. If air is required in the boot, air can be inflated into the boot using a pump that comes with the boot or is inflated using a built-in pump on the front of the boot.
4. Air is pumped in until **comfortable** for patient and the boot is not too tight as per individual patient preference- if too much air is inflated, the deflate pump may be used to ensure comfort wearing the boot.
5. The boot must have the air deflated out before removal.



General Recommendations

Walking

This will depend on your weight-bearing status as directed by your consultant. If you are non-weight bearing, you will be placing no weight at all down through the affected leg and you will be hopping with the aid of crutches.

If you are partial weight-bearing you will be allowed put some weight down through the affected leg and if you are full weight-bearing you will be able to take as much weight as you can tolerate using the boot. If this is the case then it is important to consider the shoe that you are wearing on the unaffected leg as the boot has a raised sole.

Sleeping

Your consultant will give you specific instructions as to whether you need to wear your boot when sleeping or if you can leave it off at night.

Use and care of the boot

Your consultant will decide the duration of time and specifications for wearing the brace. You may be permitted to remove the boot to wash and bathe and the fabric covering inside the boots can be removed and machine-washed. Wearing a cotton sock underneath the boot will prevent excess sweating and odour

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in the boot with prolonged wear and also this will be less irritating to the leg/ foot.

If any of the plastic sides or straps are uncomfortable or digging in with discomfort not relieved by loosening, consult your healthcare professional.

Do not place anything aside from light clothing under your brace as it may cause a pressure area.

Driving

It is not safe to drive a car while wearing the AirCast Boot.

Travel

You may travel as you wish with the boot once your condition allows and you have your consultant's permission. .

Activities

Although the aircast boot will support you, the level of activity you can do will be dictated by your condition. Your consultant and physiotherapist will lead you in this.

Deep Vein Thrombosis or Pulmonary Embolism

This is a condition that may occur post surgery or trauma, although it has no direct bearing on the use of an air boot. A

pulmonary embolism is a blood clot travelling to the lung and causes pain on inspiration, shortness of breath and general feeling of being unwell.

Due to wearing a boot for prolonged periods of time, the foot will not move as often as it had before and a risk involved with wearing the boot is a deep vein thrombosis or DVT. This is a blood clot that forms in the calf of the leg and will present with severe calf pain, redness, heat and swelling in the calf. Please alert staff immediately if you feel any of these symptoms.

Conclusion

We hope that you have found this booklet useful and that it has helped to relieve some of your fears and anxieties regarding your use of Air Boot

Individual Patient Notes:

Consultant Name: _____

This Patient Education leaflet was developed by the Chartered Physiotherapists and the orthopaedic liaison nurses in Beacon Hospital.
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