INFORMATION FOR PATIENTS

Using your aircell boot

You have been prescribed an aircell boot to wear following your surgery or injury to your lower leg or foot.

You will be given the manufacturer’s instructions with this leaflet.

Preparing to use the boot
- Wash and dry your leg and replace dressings. Use an unperfumed moisturiser if necessary
- Make sure all straps are unfastened before you put on the boot
- Always ensure all air is removed from boot aircells before placing your foot inside
- Wear either the sock provided, or a lightweight ankle or full length sock under the boot.

Applying the boot
- While seated, place your leg in the boot. Ensure your heel is positioned in the back of the boot
- Pull the liner forward and wrap around leg and secure
- Make sure there are no wrinkles in the liner and the sock
- Replace the front panel
- Secure with the straps and tighten until snug and comfortable.
- Elevate your leg when resting.

Adjusting the aircell boot
- Inflate the aircells until pressure is comfortable as shown by your health care professional.
- If it is too tight, release air from the aircell until pressure is comfortable.
- Higher pressure gives more support when walking.
- Lower pressure is more comfortable when sitting or reclining.

Any questions?

Do I have to wear my boot at night?
Yes / No (to be completed by clinic staff)
- Unless your doctor has told you to remove the boot, you should wear it at all times, both day and night. At night you may release the air and lower the pressure to make the boot more comfortable. You can also release the straps a little.

Can I take a bath or shower?
- You should remove the boot daily to shower or take a bath and to check your skin for any soreness. Do not walk or put pressure on your leg without the boot in place.

My skin is becoming red and sore, what should I do?
- Check that you are not putting too much air in the aircell.
• Try releasing some air and do not put as much in next time.

**My skin is blistering, what should I do?**
• Release the air from the aircell and contact the hospital on the number below.

**Contact details**
If you have any other problems or concerns call the hospital on 01623 622515 extension 4114 and talk to one of the plaster room staff.

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**Further sources of information**
Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. Stating a web address does not imply we endorse a particular site. Neither does not stating a web address imply lack of endorsement.

**Patient Advice and Liaison Service (PALS)**
The PALS team is available to help with any of your comments, compliments or concerns and will ensure a prompt and efficient service. Contact details:

- King’s Mill Hospital  01623 672222
  (out of hours answer phone)
  Email: Pals.kmh@sfh-tr.nhs.uk

- Newark Hospital  01636 685692
  (out of hours answer phone)
  Email: Pals.nwk@sfh-tr.nhs.uk

If you need this information in a different language or format, please contact PALS, as above.