Healthier Communities, Outstanding Care

NHS
Sherwood Forest Hospitals
NHS Foundation Trust

INFORMATION FOR PATIENTS

Using your air cell 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 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 healthcare 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.

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 please call the hospital on 01623 622515, extension 4114, and talk to one of the plaster room staff.

Further sources of information
NHS Choices: www.nhs.uk/conditions
Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)
PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222
Newark Hospital: 01636 685692
Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

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.

If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net

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