

INFORMATION FOR PARENTS/GUARDIANS/CARERS

Your baby's boots and bar

This leaflet is for parents/guardians/carers caring for a baby with congenital talipes equinovarus (CTEV), who has been provided with boots and bar. This is a general guide, along with any additional specific advice provided by the orthopaedic consultant or orthotist.

The Ponseti method, along with boots and bar, are used in the treatment of CTEV. It is an effective treatment and helps resolve the condition in the majority of cases. After serial casting, your baby's boots and bar maintain the best position of the foot and ankle to develop in a more normal position.

Wearing regime

When initially supplied it is important to understand that it must be used **24 hours a day** and only removed for short periods if soiled, bathing or changing clothing. You should ensure your baby is wearing soft, close-fitting socks over their feet inside the boots at all times. Please follow advice from your consultant regarding wear periods. Your baby must wear the device for 24 hours a day, for three months initially. Following this, wear time is reduced to nighttime only, approximately 12-14 hours a night.

It is important to check for red marks or rubs around the feet and ankles, using longer socks to pad and protect the skin if needed. Your consultant will tell you if it can be removed for short periods if necessary.

It is common for babies to be unsettled for the first week of use. It is important to understand correct fitting; boots do not hurt your baby and are not painful for them to wear.

The boots and bar orthosis should never be left off without discussion with a clinician.

Washing and changing

You will not be able to bath your baby whilst they are wearing the device so please remove it while doing so. When changing a nappy, lift your baby by supporting their bottom rather than pulling up their legs using the bar.

Do **not** use talcum powder. This can clog their pores and leads to skin irritation. If the device gets soiled, you can sponge with disinfectant or use disinfectant wipes.

Fitting instructions

Only fit and use the boots as directed by your clinician. The bar has been set at the correct length and boots aligned to support your baby in the best possible position.

Please ensure the heels are placed right at the back of the boots and buckles are closed. Strapping should be snug but not too tight.

Once strapped in the boots can be clicked into place on each end of the bar. If you do not feel you have re-applied the device correctly, please contact the Orthotics Department (details towards the end of this leaflet).

Eligibility

One set of boots and bar will be supplied initially. As the device wears out or becomes too small, we will replace it.

Please keep this leaflet safe for future use. You are now able to contact the department directly for orthotic care as required. If you need a review appointment, or if the orthosis requires servicing or replacement, you **do not** need to be referred again.

If your child presents with new symptom(s)/ condition(s) that are unrelated, you will require a **new referral** to be assessed for further orthotic management.

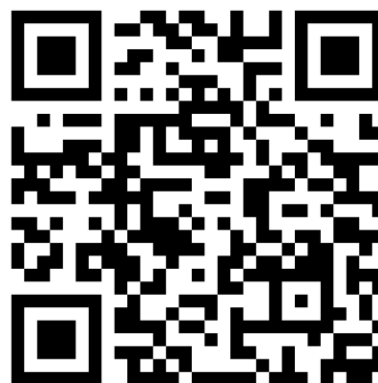
You should contact the department if:

- Your baby's feet constantly slip out of the boots.
- You feel your baby has outgrown the device and it appears too tight.
- Your baby has persistent red marks around the feet and ankles.
- The device becomes badly soiled and cannot be cleaned.

Please contact the Orthotics Department on 01623 676163 to make an appointment with an orthotist. If the clinician has concerns, they will contact the orthopaedic consultant on your behalf.

For practical support please refer to the STEPS Charity website by scanning the QR code to the right on your phone's camera.

For further information on the condition, please refer to the NHS site: www.nhs.uk/conditions/club-foot/



Contact details

Orthotics Department, Clinic 2
King's Treatment Centre
King's Mill Hospital
Notts, NG17 4JL

The contact telephone number for **all** orthotic queries is 01623 676163.

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

To be completed by the Communications office
Leaflet code: PIL202410-01-YBBB
Created: October 2024 / Review Date: October 2026

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 (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.