

## INFORMATION FOR PATIENTS

# Aircast boot

This leaflet is intended as further help to patients who have been supplied with an Aircast boot. If advice in this leaflet differs from what you have been told on the ward or in clinic, wear it as directed by the physiotherapist /orthotist, as this will be specific advice to your individual needs.

### Your Aircast boot

Aircast boots are prescribed to support the ankle along with restricting or limiting motion. This may be necessary to:

- Protect the ankle prior to surgical repair following an injury.
- Protect the ankle following surgical repair.
- Prevent instability due to muscle weakness.

### When should I wear my boot?

You should wear your boot all the time unless instructed otherwise by your consultant. You will, however, need to remove it for washing, skin checks and any exercises provided by your physiotherapist.

You should ensure you remove your boot at least twice a day to ensure there is no skin damage.

If you notice any skin damage or irritation, please contact either the orthotic or physiotherapy department, or your GP.

### Fitting your boot

The Aircast boot should be fitted while sitting down.

If a sock or tubigrip has been provided, please ensure it is fitted smoothly, without any creases.

Apply the liner ensuring your heel is pushed fully inside. Fasten the Velcro on the foot and leg sections firmly but not too tight. Attach the toe cover if required.

With the liner applied, place your foot into the Aircast boot with your heel comfortably secured at the back of the plastic shell. Apply pressure to fix the liner to the shell.

Fix the front plastic shell to the front of the liner ensuring that where the shell bends, it aligns with the bend of your ankle on top of your foot. Fasten the straps from the toes up, ensuring they are firm and comfortable, but not too tight.

Press the air pumps to inflate the air cells to the required level. Both pumps can be pressed simultaneously for balanced pressure. Do not over inflate – your Aircast boot should be snug, secure and comfortable.

### Removing your boot

The Aircast boot should be removed while sitting down.

Before undoing the straps, open the caps next to the pumps and press the valves to deflate the air cells.

Undo all three straps in any order. Remove the front plastic shell from the front of the liner.

Open the liner and remove your lower leg. The liner should remain attached to the inside of the shell of the Aircast boot.

If you experience difficulty removing your leg easily after the following steps, try removing any excess air in the air cells. This can be achieved by applying pressure on the air cells with your hand, while holding down the deflation valve.

A video demonstration of how to fit and adjust the Aircast boot can be found at: <https://www.youtube.com/watch?v=rZTsrNnNFuw>

### Care instructions

Remove the liner from the plastic shell before laundering. Hand wash the liner in warm water with mild detergent. Lay the liner flat and allow it to air dry.

Clean the plastic shell using a damp cloth with mild detergent.

### IMPORTANT

**Do not** put any part of the Aircast boot in a washing machine or tumble dryer.

The sock/tubigrip can be machine washed and then air dried.

### Your boot has been fitted by:

(Name) .....

(Role) .....

### Contact details:

- Physiotherapy Department  
Telephone (01623) 672384.

- Plaster Room, Clinic 1  
Telephone (01623) 622515, extension 4114.

Physiotherapy Services; Clinic 10  
King's Treatment Centre  
King's Mill Hospital  
Mansfield Road  
Sutton-in-Ashfield  
Notts  
NG17 4JL

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### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)  
Our website: [www.sfh-tr.nhs.uk](http://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](mailto: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](mailto: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 (if relevant) please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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