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Ashford and St. Peter's Hospitals
NHS Foundation Trust

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اگر نیاز به ترجمه دارید، لطفا با شماره 01932 723553 تماس بگیرید.

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اس کا اُردو زبان میں ترجمہ چاہتے ہیں، تو براہِ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Air Cast Boot

Physiotherapy - Orthopaedics

Patient Information

Further Information

We endeavor to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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Air Cast Boot Removal

It is advisable to have some rest periods with your boot off, however please check with your consultant if you are allowed to do this and how long for.

If you are allowed to have your boot off, please continue to elevate your leg. You may find it beneficial to apply ice for 20-minute periods to assist with pain and swelling management whilst the boot is off.

Purpose of your Air Cast Boot

To provide protection of your foot and / or ankle as advised by the Orthopaedic consultants. Your consultant or physiotherapist will tell you how long you will need to wear this for. Your boot will be fitted by a trained professional. You will only need to wear the boot as instructed by your therapist or doctor.

Hygiene

At least once a day you should remove the boot, clean the skin with a flannel or wet wipes and dry thoroughly before re-applying the boot.

When you remove the boot, please look out for the following:

- Skin irritations
- Red Markings
- Swelling
- Increased pain, numbness, or tingling

If you notice any of the above you should contact your GP, practice nurse or fracture clinic for advice.

Elevation

To help reduce swelling, please elevate your leg and support on a stool / chair when sitting, or pillows when in bed.

Putting on / taking off your Air Cast Boot

1. Place your foot into the boot, ensure your heel is at the bottom as far back as possible and that there are no creases in clothing. After this, wrap the material around the shin and foot.

2. Place the plastic cover over the front of the leg, lining up the buttons with the holes provided. Make sure the front panel is tucked within the back panel

3. Tighten all straps of the boot using the Velcro as shown in the picture.

4. Press the + arrow to pump up the boot to ensure a snug fit

5. When removing the boot, first release all the air from the boot by holding the - button.

Please wear a well-fitted shoe / trainer on your opposite foot.