

Emergency Services

Air Walker Boot

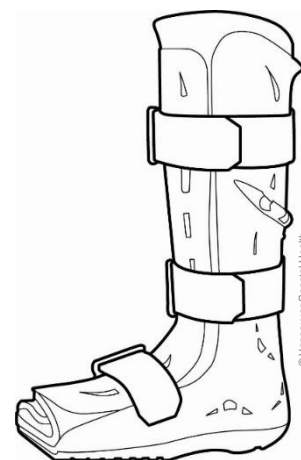
We have given you a special kind of cast called an air walker boot. Like a regular cast, the boot protects your injured leg from further injury so it can heal faster. How long you need to wear the boot depends on your injury.

The boot can be opened so you can check your skin. It can also be taken off depending on what the doctor has indicated.

We have given you a separate pamphlet about the air walker boot.

In it, there are instructions about how to:

- fit the boot
- adjust the tightness
- clean the boot



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Boot type

- Short Tall

Opening the boot

Open the air walker boot to check your skin:

- One time each day
 Two times each day
 Other _____

Removing the boot

Can I take my leg out of the boot?

- No, not for the next 12 hours, then you can take it off to wash the leg and foot once a day.
 No, not for the next 24 hours, then you can take it off to wash the leg and foot once a day.
 Yes, you can take it off once a day to shower or bath.
 Yes, you can take it off when you sleep.

Putting weight on the leg with the boot

Can I stand on the leg with the boot?

- No, do not put any weight on your leg.
 No, you can put only a small amount of weight on your leg.
 Yes, you can stand on your leg as much as is comfortable for you.

Returning to Emergency

Go to the nearest Emergency Department if any of these happen:

- You have severe or increasing pain and it does not go away with changing position, adjusting the tightness of the boot, or taking pain medicine.
 Your toes turn blue or grey and are cold.
 The swelling in your leg gets worse.

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Caring for yourself

Take medicine for the pain if you need it. Check with your family doctor or pharmacist for what will work best for you.

Whenever you sit or lie down, rest your leg it is above your heart. To do this, place your leg on pillows. This helps reduce swelling and ease pain.

Wiggle your toes often to improve blood flow and help reduce swelling.

To check and clean your skin:

- Open the air walker boot.
- Gently, lift your leg out of the boot.
- Roll down the sock to take it off.
- Check your leg and foot for redness or sores. To check the back of your leg and bottom of your foot, use a mirror or have someone check for you.
- Wash your skin with mild soap and water, rinse, and dry well.
- Pull the sock back on. Change the sock daily.
- Put the boot back on and tighten the straps.

If you notice any redness, gently massage the area before putting the boot back on.

If you notice any open sores, cover the sore with a bandage, put the boot back on, and contact your doctor.

When you put the cast back on, try not to tighten the straps too tight.

If the boot feels too tight or you feel any numbness or tingling, loosen the straps.

To bath or shower with the air walker boot off:

1. Sit down next to the bath tub or shower.
2. Remove the boot.
3. Bath or shower.
4. Sit down again next to the bath tub or shower stall.
5. Dry your leg off well.
6. Put on a clean sock.
7. Put the boot back on.

If you are not steady standing in the shower, take a bath instead.

To care for the boot:

- Keep the boot dry.
- If you want to clean the boot or liner, use the manufacturer's instructions we gave you. Make sure it is totally dry before you put it back on.

Caution: Do not inflate the boot unless instructed to by your doctor.

To learn more, it's good to ask:

- Your family doctor
- Fraser Health Virtual Care
1-800-314-0999 or live chat online at fraserhealth.ca/virtualcare
10:00 a.m. to 10:00 p.m., daily
- HealthLinkBC - call 8-1-1 (7-1-1 for deaf and hard of hearing) or go online at HealthLinkBC.ca