

Emergency Services

Air Walker Boot

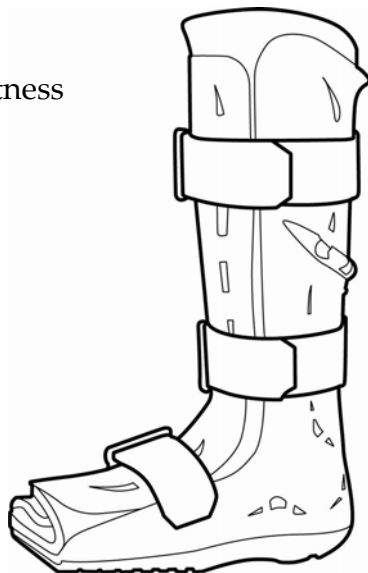
You have been given a special kind of cast called an air walker boot. Like a regular cast, the boot protects your injured leg from further injury so it can heal faster. How long you need to wear the boot depends on your injury.

An air walker boot has air bags that inflate or deflate so the boot can fit to your leg. This is very helpful if your leg is swollen. The tightness can be adjusted by inflating or deflating the air bag as the leg gets more or less swollen.

The boot can be opened so you can check your skin. It can also be removed 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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Specific instructions

Open the air walker boot to check your skin:

- Once a day
- Twice a day
- _____

Can you remove your leg from the boot to wash your skin?

- No, not for the next 12 hours, then wash once a day.
- No, not for the next 24 hours, then wash once a day.
- Yes, once a day.

Can you remove the boot to shower or bath?

- Yes No

Can you remove the boot at night when sleeping?

- Yes No

Can you stand on the leg with the boot?

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

Air Walker Boot - *continued*

Caring for yourself

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

Whenever you sit or lie down, rest your leg so that 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 inside the boot:

- Open the air walker boot.
- Gently, lift your leg out of the boot.
- Roll down the sock.
- Look at all parts of your leg. To check the back of your foot and leg, either use a mirror or have someone check for you.
- Look for any redness or sores.
- Wash your skin with mild soap and water, rinse, and dry well.
- Pull the sock back on.
- Put the boot back on.

For any redness, gently massage the area. When you put the cast back on, try not to inflate it too tight.

For any open sores, cover the sore with a bandage and contact your doctor.

If you feel you need more support, add air to the air bags.

If the boot feels too tight or you feel any numbness or tingling, let out some air.

Keep the boot dry.

If you wash the boot, make sure it is totally dry before you put it back on.

To bath or shower **with the air walker boot on:**

1. Wrap your boot with a towel.
2. Pull a large plastic bag over the towel so that it is completely covered.
3. Wrap tape around the top end of the bag to keep water from getting in.
4. Bath or shower.

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 the boot back on.

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

Go to the nearest Emergency Department if:

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

To learn more, it's good to ask:

- Your family doctor
- HealthLinkBC - call 8-1-1 (7-1-1 for deaf and hard of hearing) or go online to www.HealthLinkBC.ca