



**Droit
au
cœur**

How to use a removable walking boot

**Information sheet for users
and their family members**

Used for foot and ankle injuries, the walking boot supports and immobilizes your foot so it can heal properly. The walking boot can be removed, making it easy to clean the injured foot every day.

Important information before using your walking boot

It is important to wear the sock you were given at the orthopedic clinic **or** to wear a long thin sock in your walking boot to avoid a tourniquet effect and other skin injuries.

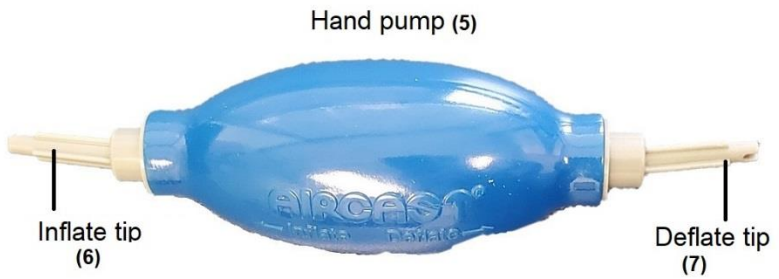
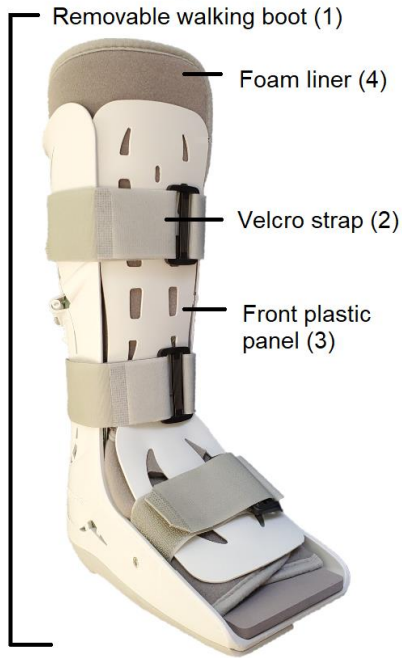
Be sure not to tuck any other clothing (e.g., pants) inside the walking boot as this could injure your skin.

Make sure to **ALWAYS** deflate your boot before removing it.

Putting on your removable walking boot (1)

1. Undo the Velcro straps (2). Remove the front plastic panel (3). Open the foam liner (4).
2. Put on a long thin sock or the sock that was given to you at the orthopedic clinic.
3. Place your foot in the boot, making sure your heel is all the way at the back of the boot.
4. Wrap the foam liner around your leg and foot.
5. Put the front plastic panel on top of the foam liner.
6. Secure the three Velcro straps starting with the middle one, making sure your heel is at the back of the boot. Adjust the tightness of the straps until your foot feels secure and comfortable inside the boot.
7. Inflate each side of the boot using the hand pump provided (5) (as prescribed by the doctor).
 - Insert the *inflate* tip (6) of the hand pump firmly into the valve.
 - Squeeze the hand pump several times until the air cell is properly inflated (as prescribed by the doctor).
8. Follow these steps to deflate the boot.
 - Insert the *deflate* tip (7) of the hand pump firmly into the valve until the air cell is completely deflated.

** Depending on your comfort level, you may need to adjust (increase or decrease) the pressure throughout the day.*



Wearing your boot

Unless your doctor tells you otherwise, you must wear the boot 24 hours a day, even at night, to ensure your injury heals properly.

Removing your boot

It is very important not to put weight on the injured limb when removing the boot, as this could cause further injury.

You may only remove your boot if the orthopedic surgeon has prescribed it for the following reasons:

- To wash yourself
- To ice your injury
- To apply moisturizer
- To care for wounds
- To do some exercises that will be explained to you

Weight-bearing

The orthopedic surgeon will tell you if you are allowed to bear weight or how much weight you can put on your injured limb.

Weight-bearing refers to how much weight a person can put on an injured body part during recovery.

Maintenance tips

The socks you received at the orthopedic clinic are machine washable. However, you must hang them to dry after washing.

If the foam liner is wet, you can remove it from the boot to clean it. Wash the liner by hand in warm water with a mild detergent. Allow to air dry (do not place the liner in the dryer or use a hair dryer as the heat could damage it).

*Make sure the foam liner is completely dry before putting it back in the boot.



You can clean the boot sole with a damp cloth and mild soap.

Tips to reduce swelling and relieve pain

- Elevate the limb above your heart.
- Take over-the-counter pain medication. If you have been prescribed pain medication by your doctor, you must follow the pharmacist's instructions.

Things to watch for

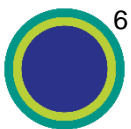
Since the walking boot is used to immobilize your injured limb, the boot should fit just snug, but not too tight on your foot and ankle.

Avoid inflating the boot to the point where you feel pain or numbness.

Pay close attention to your toes; they should not feel numb or cold, change colour or tingle. If this happens, it means that your boot is too tight and you will need to deflate it slightly.

Notify the orthopedic team:

- If **severe pain** persists even after wearing the boot and elevating your leg. Note that even though the boot is used to immobilize the injured limb, you may still have pain even after wearing it.
- If you experience a loss of mobility, coldness, bluish or whitish discolouration of the skin, or numbness in the tips of your foot and toes.
- If you find the swelling gets worse even after elevating the injured limb.



If you have any questions, you can contact:

Orthopedic team

- Hôpital du Haut-Richelieu
450-359-5000, ext. 2162
Open Monday to Friday, from 8 a.m. to 12 p.m., and
from 1 p.m. to 2 p.m.
- Hôpital Charles-Le Moyne
450-466-5000, ext. 2249
Open Monday to Friday, from 8 a.m. to 4 p.m.

OR

- Info-Santé 811

Dates of your next appointments

Additional recommendations for your situation



Reference

<https://laboratoirevo.com/wp-content/uploads/2019/12/Instruction-Botte-de-marche.pdf>

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