

DH post op shoe

Why have you been given this device?

You have a current foot problem. You have been given a device especially suited to your needs. All the evidence shows that keeping the pressure off your foot will increase your chances of healing quickly. This device will enable this. This leaflet will tell you how to put your device on and off and how to look after it. If you have any further questions, please speak to one of your podiatry team.

Whilst your device helps to offload the pressure, it is still important that you reduce your activity to ensure you are on your feet as little as possible. It is advisable to wear dressings or socks with the device. We recommend that you do not drive a vehicle while you are wearing this aid. Use extreme caution when walking up and down stairs, on and off curbs, on uneven ground and in slippery or wet conditions. Walk more slowly and cautiously than usual.

This aid is intended for single-patient use only.

Please keep hold of your device once your foot problem has resolved in case you need it for future treatment.



How to apply

- There is no right or left – the same model of shoe can be used on both feet.
- Undo the Velcro straps so you can open the flaps on the shoe. It may be possible to keep the Velcro strap at the ankle threaded through the buckle or you may need to open this as well to get your foot into the shoe.
- Whilst sitting, put your foot in the shoe, heel first ensuring your heel is in the back of the shoe and that the heel cup is not folded over.
- Fold the flap with Velcro on the topside the foot, then fold the flap with Velcro on the underside over the top.

- Then thread the ankle strap through the buckle ensuring that the ankle area of the boot fits smoothly and isn't folded inwards. Secure the strap and ensure the padded ring is at the front of your ankle.
- Do not over-tighten straps but ensure that foot is secure in the shoe before attempting to walk.

How to remove

Whilst sitting undo the ankle strap then the flaps across the forefoot.

When it should be worn

Try to wear your shoe whenever you are weight bearing so your foot is protected and movement of the joints in your foot is reduced.

Keeping it clean

Do not put in a washing machine or tumble dryer; the shoe can be sponge wiped with mild soap and cold water and air dry. Be careful not to let fluff dust and debris clog up the Velcro – keep it closed when not wearing.

If your shoe shows signs of wear and tear, then let your clinician know you need a new one.

Sources of information

Podiatry ESHT Central Booking office - 0300 131 4536

The Health Care Professions Care Council (HCPC) - www.hcpc-uk.org

The Royal College of Podiatry - www.rcpod.org.uk

NHS Website - www.nhs.uk

Diabetes UK - www.diabetes.org.uk

NICE Guidelines - www.nice.org.uk

The International Working Group on the Diabetic Foot – <https://iwgdfguidelines.org>

Important information

This patient information is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4784 or by email at: esh-tr.patientexperience@nhs.net

Hand hygiene

The trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 0300 131 4434 Email: esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your clinician.

Reference

The following clinicians have been consulted and agreed this patient information:

Mika Dave Consultant Podiatrist, Sandra Regan Podiatry Development Lead, Charlotte Brown Specialist Podiatrist, Sally Hewitt Specialist Podiatrist

The Clinical Specialty/Unit that have agreed this patient information leaflet:

East Sussex Healthcare NHS Trust, Podiatry

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Responsible clinician/author: Charlotte Brown Specialist Podiatrist

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