

Diabetic Aircast Walker boot

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.

What is the device?

The diabetic Aircast walker is designed to immobilise your foot and ankle and reduce the forces being placed through your foot. The reduction of force is to protect the bony and soft tissues in your foot and is supplied for a number of different reasons.



How to apply

You will be given...

- The boot (including a front section)
- A pump with a pressure gauge
- 2 socks

Undo the straps and take off the front section of the boot and check that all the air pockets are deflated.

Put on one of the socks and pull it up so that there are no creases.

Place your foot inside the boot with your heel right at the back.

Fold the material flaps over your toes so the Velcro dots fasten in turn.

Put the front section back on the boot with the edges of the foot section inside the boot and the edges of the calf section outside the boot.

Fasten the 3 Velcro straps firmly but not too tightly from the bottom up.

The pump is used to inflate and deflate the 4 aircells in the boot. The pressure gauge is numbered from 10 to 40. This is so that the cells can be inflated to the correct pressure. When you squeeze the pump the black marker will rise and the pressure is read from the bottom edge of the marker. All 4 aircells should be inflated to 20 unless otherwise advised by your healthcare professional.

The pump has an 'inflate' end and a 'deflate' end. This is written on the side of the pump.

Insert the pipe connector on the inflate side of the pump into the valve on the inside leg.

Repeatedly squeeze the pump until the bottom of the black marker in the pressure gauge is level with 20. If you go above 20 stop squeezing the pump and the pressure will slowly drop.

Disconnect the pump.

Repeat this with the valve on the outside of the leg, the valve at the back of the boot and then the valve at the front of the boot all to level 20.

How to remove

Deflate the boot by inserting the deflate end of the pump into each of the 4 valves in turn and squeeze the pump until no more air is sucked out. When the pump doesn't reinflate when pressure is released all the air is removed and it is safe to remove your boot.

Always bring your pump to appointments where the boot may need to be removed.

When it should be worn

It is advised you wear the Aircast boot at all times when on your feet unless first discussed with your podiatrist or another health care professional.

Remember to check your foot carefully while you are wearing the boot, especially during the first few days of wearing it for the first time. Sometimes the boot might cause a rub that you may not feel. Remove it regularly and check your foot for any signs of rubs or pressure – redness or blisters. If you develop any foot problems whilst wearing the boot, stop wearing it and contact the Foot Clinic immediately.

Keeping it clean

The plastic outer shell can be wiped with a cloth. We can replace the inner lining if it gets very dirty. The cotton sock that comes with the boot should be washed regularly at 40°C. Beware of using the boot outside if it is raining – the fabric at the end of the boot can get very wet.

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

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

East Sussex Healthcare NHS Trust, Podiatry

Next review date: (June 2028)

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