

HeelPro Heel Protection 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 HeelPro is used to prevent and manage heel pressure ulcers.



How to apply

Remove the Velcro straps to open the boot. Apply the HeelPro with the longer section of the boot against the leg and the shorter section against the foot. The heel should be placed in the section where there is a cut out. The boot can then be secured with the Velcro straps.

How to remove

Open the Velcro straps and remove foot with care. Keep the Velcro closed when not in use to avoid debris, fluff and dust attaching to the straps.

When it should be worn

To be worn when in bed or when resting. Please do not attempt to walk in the HeelPro.

Keeping it clean

The HeelPro boot can be hand-washed in lukewarm water and then air dried. It can also be cleaned during use with a damp cloth or sponge or a hospital grade disinfectant wipe.

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

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Responsible clinician/author: (Mika Dave Consultant Podiatrist,)

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