



Looking after you locally

# Diabetic Aircast Walker Information for Patients



## **What does the boot do?**

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.

Diabetic Aircast walkers are commonly prescribed to contain a foot diagnosed with a Charcot fracture to maintain the current foot shape and structure. They are also prescribed to offload pressure or ulcerated areas on the sole of the foot.

## **When should I wear the boot?**

- The Foot Clinic will tell you when to wear the boot.
- Usually it is only removed at night time and for washing purposes – you should put the boot on in the morning when you wake up and take it off at night when you go to bed.

You should not drive whilst wearing an Aircast boot.

## **How long will I need to wear the boot?**

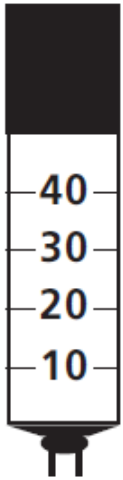
- Your Foot Clinic will tell you how long you will need to wear the boot for.
- This will depend on the reason why you have the boot.

## **Putting the boot on**

You will be shown how to put the boot on. This leaflet will remind you what you have to do.

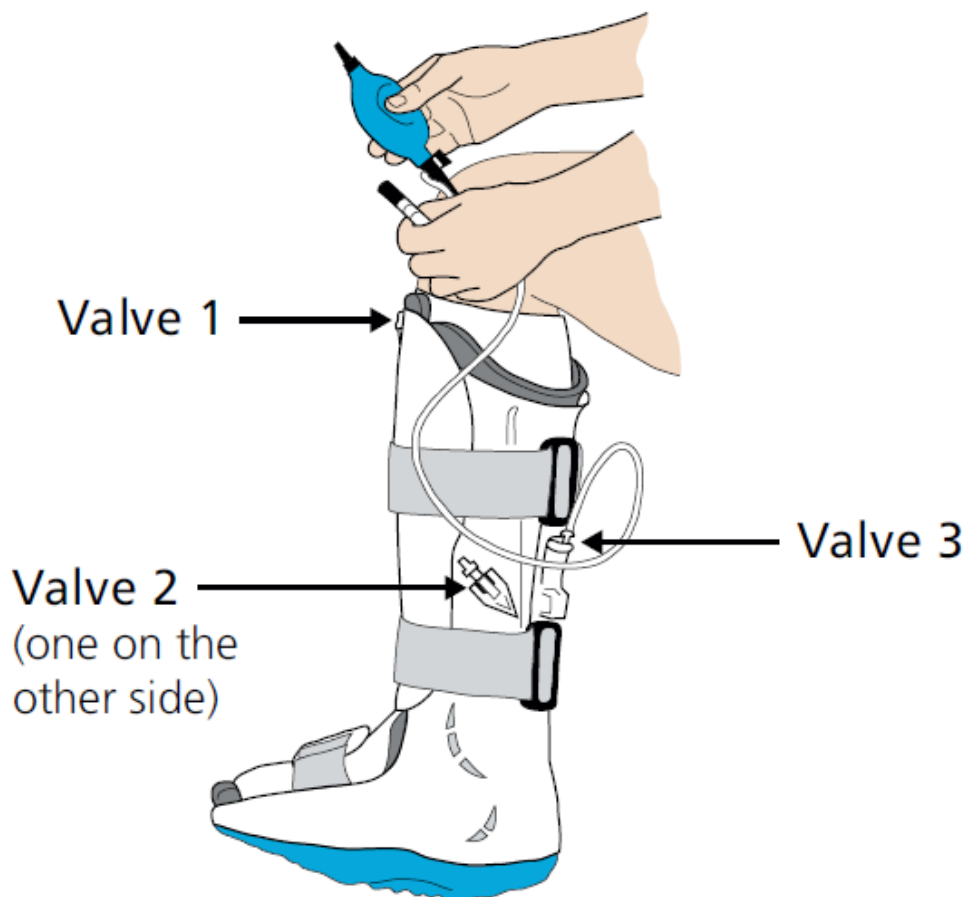
You will be given...

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



← Aircell 2 and 2  
← Aircell 1 and 3

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.



**Diagram of the Aircast Boot**

## Putting the boot on

- Undo the straps and take off the front section of the boot and check that all the air pockets are deflated. (See deflating the boot section)
- 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.

## Inflation instructions (See diagram of Aircast Boot)

- The pump has an inflate end and a deflate end. This is written on the side of the pump.
- Insert the pipe connector at the end of the pipe on the inflate side of the pump into the first valve on the front section of the boot (Valve 1).
- 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 2 side valves (Valves 2) but inflate these to 30.
- Finally inflate using the valve at the back of the boot (Valve 3) to 20.

Valve	Position	Pressure
1.0	Front	20.0
2.0	Inside	30.0
2.0	Outside	30.0
3.0	Back	20.0

## **Deflating the boot**

After removing the boot deflate the air cells so the boot is ready for when you next put it on.

- Insert 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. The pump will become squashed in and stay squashed when all the air is removed.

## **How do I clean the boot?**

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.

## **Whilst you are wearing the boot**

The boot has a slight rocker bottom to help you walk in it. This can make you feel a bit unsteady. It is best to take small steps whilst wearing the boot to increase stability. We can supply crutches for you if you need them.

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.

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