

Ankle Foot Orthosis Boot

(AFO/Air Cast/Roboboot)

WHY WAS I PRESCRIBED THIS AFO?

- ✓ Offers protection and stability.
- ✓ Rocker sole reduces pressure on the foot and graduated compression reduces swelling.
- ✓ Custom-inflated air cells give an individual fit and enhanced stability for stable fractures, severe sprains, post-op use.
- ✓ Convenient to remove (if doctor allows) for activities of daily living, i.e. showering, sleeping.

HOW DO I USE AND CARE FOR MY AFO?

- ✓ Keep the boot CLEAN and DRY.
- ✓ Do NOT use tensor bandages under or over the appliance, unless directed by doctor.
- ✓ Wear the stockinette given, or a long, THIN, COTTON sock, to absorb moisture and protect the lining of the boot.
- ✓ The boot should fit like a glove or good fitting shoe.
- ✓ ALWAYS DEFLATE the air pockets before removing the boot. Always inflate air pockets while wearing boot.
- ✓ The number of pumps will vary depending on the swelling and size of your ankle; you may need more pumps on one side than the other.
- ✓ THE BOOT MUST BE WORN AT ALL TIMES, even in bed, unless directed by doctor.
- ✓ The bottom of the boot may be washed off.

HOW DO I CARE FOR MY SKIN/FOOT/LEG WHILE WEARING THE AFO?

- ✓ Be aware of what your skin looks like at present and/or your incision
- ✓ If you have a dressing on, please follow nurse's instructions regarding incision care.

If you have an incision/wound/skin breakdown YOU MUST check site for:

- Streaking or redness up the limb or foul smelling/yellow/green drainage from incision/wound.
- Offensive odor or hot to touch.
- Fever and/or chills or pain at the back of your calf.

If you have any of the above symptoms seek medical attention at your nearest Emergency Department.

- ✓ Wear a stockinette or long, thin, cotton sock to protect your skin from the foam in the boot.

You MUST take off the boot at least twice a day to check:

- ✓ Condition of your skin and/or Incision/wound.
- ✓ IF YOU ARE DIABETIC or have circulation problems, you must check your skin/wound more frequently.

If you have NUMBNESS, TINGLING, THROBBING or DISCOLORATION (blue or white):

- ✓ The air pockets may be overinflated. Try taking some air out.
- ✓ Your straps may be too tight. Try loosening the straps slightly.
- ✓ If applicable, your dressing may be too tight.
- ✓ If you have adjusted the above and symptoms persist, seek medical attention at the nearest Emergency Department.

SHOWERING/BATHING

- ✓ The boot must always be kept clean and DRY.
- ✓ Non-weight bearing fractures should NOT take the boot off to shower. Sponge bathing is recommended.
- ✓ If weight bearing injury, boot may be removed for showering, if directed by doctor only.
- ✓ Ensure skin and in-between toes are dried thoroughly before reapplying the boot.