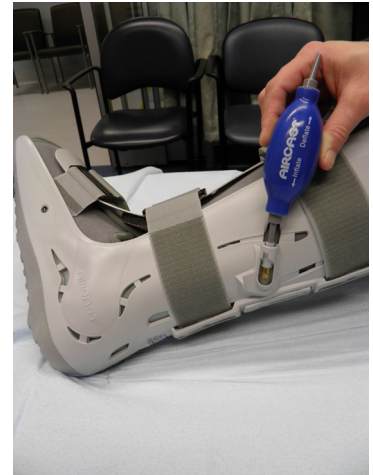


Air cast boot instructions



Your doctor has prescribed an Air cast boot. Check with your doctor before putting any weight on your injured leg.

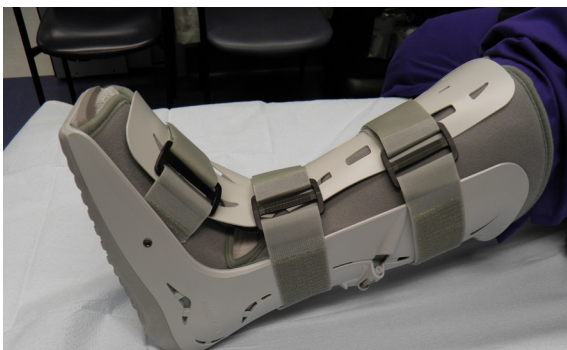
- Use the inflation pump to inflate air into the cast. These pockets of air can help you have a secure fit. If the cast is too tight, adjust the amount of air by deflating the pockets.



- Always wear a cotton sock or stockinette provided by the hospital underneath the air cast. This will help to protect the skin.
- When applying the boot, make sure your heel is all the way at the back of the boot.
- Velcro the fabric closed so that your leg is covered.
- Apply the plastic front panel



- Velcro the cast closed



Cast Removal

- Deflate all the air in the cast first
- Undo the Velcro straps
- Remove the plastic front panel
- Open the liner
- Take your foot out



The doctor will provide you instructions if the boot can be removed and when you can shower. Otherwise keep the boot on at all times including sleeping.

Do not do any exercises/physiotherapy until instructed by your Orthopedic Doctor.

We are here to help



If you have any questions or concerns regarding this please contact the Clinic nurse @ 604-875-2345 ext 7273.