

Aircast AirSelect short boot

Orthopaedic casting outpatients department [Patient information](#)

Why am I in this boot?

This boot is designed for moderate level of support. It is specifically designed for stable fractures of the lower leg, foot and ankle; ankle sprains and post-op use. The boot has two air cells (one on each side) to help give extra support around the ankle.

General advice

- Apply a clean sock before wearing the boot and change this daily. This acts as a wick for sweat to try to protect the liner of the boot.
- If you are allowed to weight bear, ensure you are wearing a supportive shoe on the other foot with a high, flat sole to help bring the foot to the same height as the boot.
- Do not get the boot wet – take off for bathing and showers if you have been told you can.
- Lock the air valve once the desired inflation (or not) is achieved. This is the 3rd section on the valve control dial.
- Remove all the air from the air cells prior to removing the boot

How to fit the boot



Fit the boot to the correct foot. Fold the fabric flaps and attach with the Velcro. Ensure the heel is to the bottom and back of the boot.



Put the faceplate on top of the fabric flaps and tighten with the 3 Velcro straps. This should be tightened to achieve the desired support.



This is the "control panel" for the air cells.

Inflates the air cells.
When pumping, make sure you cover the small hole.

Deflates the air cells.
Hold down and remember to do this before removal of the boot.

This valve controls what side the air will go in to.
Number 1 is the right hand side of the boot and 2 is the left hand side. The 3rd picture is a padlock to stop any accidental inflating or deflating of the air. Ensure the boot is locked when you are not actively changing the air status.

Using the air



Move the dial to number 1. This indicates that the air will go to the right hand air cell. Once the dial is on 1, pump the black pump until the desired amount of air is set.



Move the dial to number 2. This indicates that the air will go to the left hand air cell. Once the dial is on 2, pump the black pump until the desired amount of air is set.



When you are happy with the air, move the dial to the lock position. This is indicated by a picture of a padlock. The boot should always be locked unless changing the status of the air cells.

To deflate the air cells, move the dial to the desired position and hold down the small button beneath the pump. You must do this for each air cell and it must be done before removal of the boot. It is the pressure of your foot against the air cells which helps deflate.

Any concerns?

If you have any concerns regarding the boot or your injury, give us a call on the number below or go to your nearest Emergency Department.

Contact details (Poole)

Plaster room

Telephone: **0300 019 2140**

Emergency Department

Telephone: **01202 442202**

Please note: Our telephone lines are open from 9am to 5pm however a 24 hour answerphone service is available and we will get back to you as soon as we can.

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To ask for this leaflet in larger print, please contact the patient experience team on **0300 019 8499**
or email **patientexperienceteam@uhd.nhs.uk**.

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