

Aircast AirSelect short boot

Why am I in this boot?

This boot is designed for moderate level of support for foot injuries. It is specifically designed for metatarsal fractures, forefoot and mid-foot injuries, acute and post-operative use, bunionectomy and soft tissue injuries. The boot has two air cells (one on each side) to help give extra support around the ankle with a pre-inflated air cell on the front of the boot for optimal support.

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.
- Remove all the air from the air cells prior to removing the boot.

How to fit the boot.



Right



Left

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 2 Velcro straps. This should be tightened to achieve the desired support.

Each side of the boot has a big pump-type button with a small button which is used to deflate the boot. When the boot is on, pump the button on the desired side to put the desired air into the cells on that side. When that is done, do the same for the opposing site.

When you remove the boot, press the small button to deflate the air cells on each side. This must be done prior to removing the boot.

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: 0300 019 2202

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.

Poole Hospital, Longfleet Road, Poole, Dorset, BH15 2JB

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