




Skin and Wound Product Information Sheet

Safe Boot II	
Classification	Heel Suspension: Boot
Key Points	<ul style="list-style-type: none"> • Plastic frame fits either foot (left or right) • To be used only in bed • Maintains ankle at 90 degrees/prevent contracture of the Achilles tendon • Maintains neutral hip alignment with use of the rotator bar (either medially or laterally) • Prevents foot drop and assists with the treatment of Plantar Fasciitis
Indications	<ul style="list-style-type: none"> • To protect heels and malleoli at risk for skin breakdown due to pressure or friction/shear • To support healing of existing heel and malleoli pressure ulcers or skin breakdown
Precautions	<ul style="list-style-type: none"> • Consult with Wound Clinician, Occupational Therapist or Physiotherapist prior to use as product selection requires the correct sizing of the device • Remove boot at least once per shift to do a skin assessment of the limb and foot. If client is at a very high risk for skin breakdown, more frequent skin assessments are needed. • Remove boot at least once per shift in order to allow for active/passive range of motion (ROM) exercises of the ankle. • Monitor the skin closely if there is a pre-existing wound(s) on the lower leg or foot • Monitor the other foot and leg to ensure no contact/pressure from the hard plastic frame or rotator bar • Plastic frame is heat-moldable – to be done only by an Occupational Therapist
Contraindications	<ul style="list-style-type: none"> • Do not use if the heel does not float off the bed after boot properly applied • Do not allow client to stand, transfer or walk while wearing the boot
Formats & Sizes	<ul style="list-style-type: none"> • Boot (length of sole of the foot) <ul style="list-style-type: none"> ○ Pediatric: 7.5, 8.8, 10, 12.5, 15 or 20cm (3, 3.5, 4, 5, 6, 7 or 8") ○ Small: up to 20cm(8") ○ Medium: 20 x 23.8cm (8-9.5") ○ Large: 23.8 x 27.5cm (9.5-11") ○ X Large: 27.5 x 32.5cm (11 – 13") <div style="text-align: right;">  </div>
Application Directions	Rationale
Select the appropriate sized device by measuring the length of the sole of the foot.	Incorrect sizing may decrease the effectiveness of the boot and fail to float the heel of the bed.
Wash the client’s lower limb with warm water and pat dry. Moisturize the skin, pat dry to remove any excess. Ensure that the spaces between the toes are dry and free from moisturizer.	To ensure healthy skin
Un-do the Velcro straps and place the boot on the mattress surface beside the client’s leg.	To ensure that the boot is in the proper position prior to application
Supporting the knee to prevent hyperextension, lift the leg and position the heel over the middle opening of the device.	To ensures correct placement of the foot and leg in the boot to float the heel.
Adjust the circumferential straps for a comfortable, snug fit. Adjust the black diagonal straps to maintain the ankle at 90 degrees. If the foot rotates the leg/hip medially or laterally, use the rotator bar to support the leg/hip in a neutral alignment.	To secure the leg in the boot and to prevent slipping or rotating.
Daily Care	
With each repositioning change (e.g. every 2 hours), ensure that the heels are not touching the mattress. At minimum once per shift, remove boot and check the client’s skin for signs of skin irritation and pressure points. Assess the other foot and leg to ensure no contact/pressure from the hard plastic frame or rotator bar	<p>If device does not ensure that heels are suspended off the mattress, then do not continue to use the device; use an alternative method (e.g. pillows) for off-loading the heel and consult OT/PT or Wound Clinician.</p> <p>If skin irritation is present or reddened areas do not blanch, do not continue to use the device; use an</p>



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<p>If using a heavy moisturizer or zinc-based product on the legs, protect the device with a small sheet/towel.</p>	<p>alternative method (e.g. pillows) for off-loading the heel and consult OT/PT or Wound Clinician.</p>
<p>Cleansing of Device</p>	
<p>The open cell foam is removable and washable. Machine wash with a mild soap. Do not bleach. Hang to dry.</p> <p>The plastic frame can be wiped down as per hospital procedures for infection control.</p>	<p>To maintain cleanliness of the boot, reduce risk of infection and comply with infection control policy</p>
<p>Expected Outcome</p>	
<p>Heel is offloaded from the mattress surface.</p> <p>Client does not develop heel pressure ulcer.</p> <p>Existing heel pressure injury heals.</p>	
<p>For further information, please contact your Occupational Therapist, Physiotherapist or Wound Clinician.</p>	