








Skin and Wound Product Information Sheet

Waffle Foot	
Classification	Heel Suspension: Boot
Key Points	<ul style="list-style-type: none"> • Washable, light weight pressure offloading/suspension device for heels while in bed • Single-client use only
Indications	<ul style="list-style-type: none"> • To protect heels at risk for skin breakdown while in bed • To support healing of existing heel pressure ulcers while in bed
Precautions	<ul style="list-style-type: none"> • Consult with Wound Clinician, OT and/or Physician prior to use as product selection requires correct sizing • Boot needs to be properly inflated as over-inflation may cause pressure damage and under-inflation may cause friction/shear damage • Clients with contractures or whose heels dig into the mattress need further assessment • Tubing from sequential compression devices should be brought through the boot in areas that will avoid pressure points on the leg and foot • Remove boot at least once per shift each to do a skin assessment of the limb and foot • Monitor the skin closely if there is a pre-existing wound(s) on the lower leg or foot
Contraindications	<ul style="list-style-type: none"> • Do not use if the heel does not float off the bed after application with boot properly applied • Do not use for calf sizes measuring less than 25.cm (10 inches) at the widest circumference or greater than 45.7 (18 inches) • Do not use if the correct sizing is not available • Do not allow client to stand, do weight-bearing transfer or walk while wearing the boot
Formats & Sizes	<ul style="list-style-type: none"> • Boot (Calf Measurement) <ul style="list-style-type: none"> ▪ Small: 25.4-29.2cm (10 - 11.5") ▪ Medium: 30.5-35.6cm (12 -14") ▪ Large – 36.7- 45.7cm (14.5 –18") <div style="text-align: right;">  </div>
Application Directions	
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
Measure calf circumference at the widest point for initial application. Select boot according to the measurement.	Incorrect sizing may decrease the effectiveness of the boot and fail to suspend the heel off of the bed.
To Apply	
Place client’s leg into the boot keeping the heel and foot perpendicular to the inside of the boot. If necessary, the boot may be lined with a pillowcase, stocking or soft towel. Ensure all fabric wrinkles are smoothed out. Secure the Velcro straps.	<p>This ensures correct placement of the foot and leg in boot to suspend the heel.</p> <p>Lining the boost will assist in comfort and absorb excessive moisture. Wrinkles may contribute to skin breakdown</p> <p>The strap secures the boot onto the leg to prevent it slipping. The foot straps are air-filled for comfort and protection.</p>
 <p>Insert hand along the side of the foot towards the malleolus. Fingers should slide into the opening without difficulty. If unable to easily insert fingers, loosen the Velcro straps.</p>	To ensure that the Velcro straps are not putting excessive pressure to the malleolus.



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<p>Check to ensure that the heel is suspended; hand should easily slide between the heel and the mattress/support surface.</p> 	<p>Suspending the heel removes pressure from the heel. If the heel is not suspended off the bed, notify the Occupational Therapist, Physiotherapist or Wound Clinician as adding additional air to the boot may be required or a different off-loading device may need to be considered. Until this reassessment is done, remove the boot and use another method of off-loading the heels e.g.,pillow.</p>
<p>To protect clients who “dig in” to the mattress with their heels, release the heel cushion, bring the end of the heel flap up and reseal with the flap closed.</p> 	<p>To prevent the heel from friction on the bed.</p>
Daily Care	
<p>With each repositioning change (eg every 2 hours), ensure that the heels are not touching the mattress/support surface.</p> <p>At minimum once per shift, remove boot and check the client’s skin for signs of skin irritation and pressure points.</p> <p>If using a heavy moisturizer or zinc-based product on the legs, protect the device with a small sheet/towel.</p>	<p>If device does not suspend the heels off of 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 alternative method (eg pillows) for off-loading the heel and consult OT/PT or Wound Clinician.</p>
Cleansing the Device	
<p>If boot is soiled, wipe the boot with a wet cloth and/ agency approved germicidal soap.</p>	<p>Device is single client use only.</p> <p>Do not use cleaning solvents containing alcohol or petroleum distillates</p>
Expected Outcome	
<p>Client does not develop a heel pressure ulcer.</p> <p>Existing heel pressure ulcer heals.</p>	
For further information, please contact your Occupational Therapist, Physiotherapist or Wound Clinician.	