Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Aircast Boot Information

Version number: **1**
Last modified date: **12th November 2026**

Aircast Boot Information

Patient Information

Inpatient Therapies Wrightington

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Introduction

This is an information leaflet for patients being discharged wearing an Aircast boot.

How to apply the boot:



- In a sitting position, place foot into the inside padding
- Cover the toes with the smaller padding



- Place leg into the boot, pushing down making sure it fits well

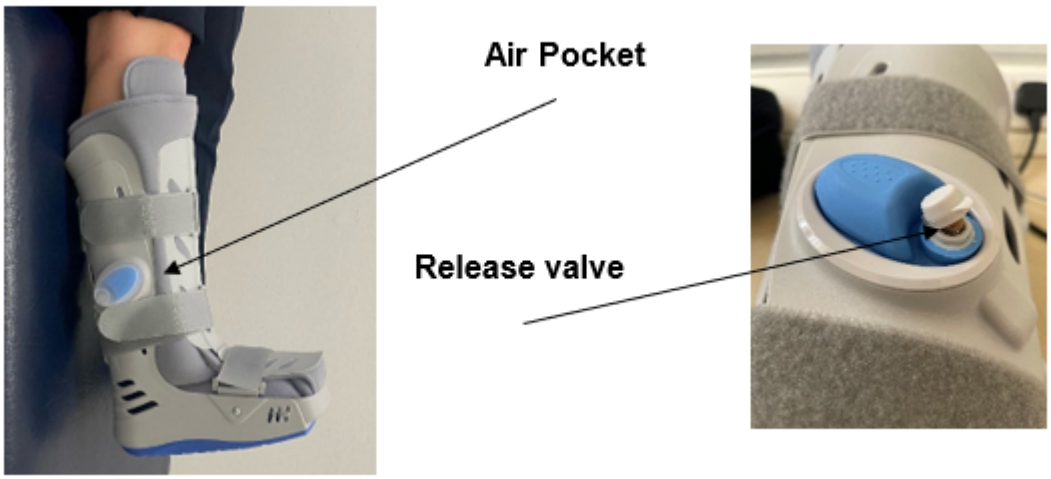


- Apply the plastic guard over the top of the leg
- Align the metal button with the ankle crease



- Velcrow the straps over the front of the boot
- The above picture shows the final position of the boot fitting

- The air pockets are found on either side of the boot
- They are used to increase / decrease the pressure inside the boot
- To use, remove the oval shaped plastic cover and push the blue air pocket down repeatedly until it reaches the appropriate tightness.
- To decrease the resistance, open the grey valve and push down on the metal valve.
  This will release the air.



Hygiene

The boot may need to be worn for **23 hours** a day. It may be removed for hygiene and wound inspection purposes and when dressing / undressing. Take time while the boot is off to check the skin around your ankle for blisters or skin breakdown. The therapist treating you will discuss how long the boot needs to be worn.

Washing Instructions:

1. Remove liner from the boot
2. Hand wash liner with mild detergent
3. Do not ring or tumble dry, leave to air dry flat
4. Wipe down the shell with clean damp cloth and mild detergent and allow to air dry

Sleeping

If you are required to sleep in the boot, it is recommended to position a pillow underneath the leg if sleeping on your back, or to place the pillow between your legs if sleeping on your side.

Elevation

- When sitting, you can support your legs on a stool to reduce swelling in the foot / ankle. It is important that you do this
- When lying, position a couple of pillows underneath your leg to elevate the foot / ankle
- Continue with the exercises. Make sure you move your toes regularly
- Keep your dressings dry until the stitches have been removed and the wound is healed
- Minimise the amount of time spent on your feet initially, to reduce swelling in the ankle

Driving

- You will not be able to drive while you are in the boot. Please discuss driving with your consultant at a clinic visit following your operation.

Therapy Contact details

If you have any concerns regarding the fitting / function of the boot, please contact the Therapy Department at Wrightington Hospital on telephone: **01257 256307** between 8am - 4pm Monday to Sunday. Alternatively you can email us at: wwl-tr.ipwton@nhs.net



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