

Aircast walking boot

An information guide



Aircast walking boot

YOU HAVE BEEN SUPPLIED WITH AN AIRCAST BOOT

Aircast /walking boots are effective in aiding the healing process and reducing pain and swelling, whilst providing support for walking.



WHAT SHOULD I DO NOW?

- **REMOVE BOOT WHILST AT REST:** For the next 24 - 48 hours rest your injured limb as much as possible, keeping your foot and ankle raised up (elevated). Gently move your ankle to prevent stiffness.
- **ICE:** Apply ice or something cool every 2 hours for 20 minutes for the next 24 - 48 hours, ensure the Ice or frozen peas is wrapped in a cloth or a towel, ***DO NOT APPLY DIRECTLY TO SKIN*** as this could cause a burn.
- **PAIN KILLERS:** Take simple pain killers such as paracetamol and /or ibuprofen which can be purchased from a chemist or shop. Take medication according to manufacturer's instructions.

DO I REST AND SLEEP IN THE BOOT?

- You **MUST** take the boot off when resting and sleeping, day or night.

WHILST WEARING YOUR BOOT YOU MUST CHECK YOUR SKIN THOROUGHLY ON A REGULAR BASIS. SEEK MEDICAL ADVICE IF YOU HAVE ANY CONCERNS.

- If your boot is causing pain or discomfort – investigate why? Remove the boot and reapply.
- Look for redness or sore areas of skin also check to see if you have any wounds or broken areas of skin.

PLEASE RETURN TO THE A&E DEPARTMENT IMMEDIATELY IF YOU NOTICE ANY OF THE FOLLOWING.

- Any white areas of skin
- Reduced circulation. To check your circulation press any area of the skin or the big toe nail on your injured foot for 5 seconds then remove the pressure, your skin should return to its normal colour within 2 - 3 seconds.
- Any pain, redness, heat or swelling to your calf.

FOR FURTHER ADVICE PLEASE CONTACT:

EMERGENCY DEPARTMENT

Urgent Treatment Service

TELEPHONE: 0161 656 1477

THE ROYAL OLDAHAM HOSPITAL

ROCHDALE ROAD

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If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

اگر انگریزی آپ کی پہلی زبان نہیں ہے اور آپ کو مدد کی ضرورت ہے تو ، براہ کرم ترجمانی اور ترجمہ خدمت سے رابطہ کریں

Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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إذا لم تكن الإنجليزية هي لغتك الأولى وتحتاج إلى مساعدة ، فيرجى الاتصال بخدمة الترجمة الشفوية والتحريرية

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For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897

For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

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