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Wear and Care Instructions for a Walking Boot

Putting on the Walking Boot

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1. Before you put on the boot make sure that your foot and lower leg are clean and dry. We always suggest you wear a sock to help keep the inside of the boot clean.
2. To put on the boot, open all the straps and the inner liner of the boot.
3. Place your foot flat in the boot with your heel as far back as it will go. Make sure that your heel is not pressing into the plastic in the back. Light contact is fine but there should not be high pressure in the back of the boot.
4. Wrap the inner liner around your foot and ankle and secure all of the straps on the boot. You should never feel tingling or numbness in the lower leg or foot after putting this boot on. If you do, loosen the straps.

Removing the Brace

Undo all the straps and open the inner liner. Carefully remove your foot from the walking boot.

HELPFUL TIP - Check your skin every day. If your skin has red spots that stay red for more than 15 minutes after you take off your brace it could mean there is too much pressure in one spot. Stop wearing the brace, take a picture of the red spot, and contact our office right away.

Cleaning Instructions

If this brace gets dirty you can clean it with soap and warm water. The brace must be fully dry before you put it on again.

Wearing Schedule

In general you should wear a walking boot 24/7 to allow the foot and ankle to heal. Ask your practitioner or doctor what your wear time should be based on your diagnosis.