

Mercy Injury Unit Gurrabraher

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ADVICE SHEET FOR WALKING BOOT:

1. If allowed you may be able to partially weight bear, while wearing the boot - your Health care provider will advise you accordingly.
- 2 The Doctor will advise if the boot may be removed for bed time and when showering.

Please contact MIU-G for any of the following:

- a. If the boot is loose or giving discomfort.
- b. If the boot becomes faulty.
- c. If the toes become blue or white.
(Please note often a swollen ankle or foot which is very badly bruised from injury may result in the bruising extending to the toes, this can be normal.)
- d. Monitor for calf swelling, persistent pins & needles or unpleasant smell.

General Instructions;

It is important to wear a flat supportive shoe on the good leg, to even up your stance.

If the boot is too tight, loosen the velcro strap.

Keep the boot clean by wiping with a damp cloth.

The boot should be kept dry.

Registered in Ireland No.: 353064 **Registered Office:** Mercy Provincial Offices, Bishop Street, Cork. **Charity No.:** CHY 13963

Directors: Mr. Michael O'Sullivan (*Chairman*), Professor Colin Bradley, Mr. Mortimer Kelleher, Ms. Margaret Lane, Sr. Veronica Mangan, Mr. Tim McCarthy, Dr. Patrick J Murphy, Ms Irene O'Donovan, Professor Fergus Shanahan.