

## **THE DEPARTMENT OF FOOT AND ANKLE SURGERY SETON BOOT INSTRUCTIONS**

Congratulations! Your doctor has decided that your injury can heal in a cast boot. It's nicer than a cast because it's removable. The boot is only to be removed if the doctor instructs you to do so, and depends on your weight bearing status.

Weight bearing status are as follows:

**Non weight bearing:** This means that absolutely no weight is to be placed onto the injured extremity. Seton Boots are rarely issued to patients who are non weight bearing. Crutches, walker, wheelchair, etc. are to be used for aid with ambulation.

**Partial weight bearing:** This means that a small amount of weight can be placed onto the injured extremity. But not without the aid of crutches, talker, wheelchair, etc.

**Weight bearing as tolerated:** This means that you can bear as much weight as you feel comfortable with. Discontinue crutches, etc. when ready.

**Full weight bearing:** You can now bear full weight without the help of any ambulatory aids. You can now wear a regular shoe and take a normal bath/shower. Don't be discouraged if your ankle still feels a little stiff or sore, that's normal.

### **A couple things about this boot:**

- 1) No arch support. As you can see, the foot section of the boot is perfectly flat. Very few people have perfectly flat soles of their feet. As a result, many people wind up with pain in the bottom and arch of their feet. This is remedied by buying an arch support. we recommend "Super Feet" which can be purchased in our softgoods store located here in the department. Or from the over the counter pharmacy located in the hospital.
- 2) It has a bit of a heel. We highly recommend that the shoe you wear on the opposite side is the same level as the boot so there is no undue pressure on your hip or lower back.
- 3) It completely immobilizes the ankle so that when you come out of it, hopefully your injury will be healed.
- 4) If there are any questions or concerns please contact us during business hours. **During business hours we can be reached at 566-5920. Our business hours are Monday-Friday, 8:30am-5:30pm (closed for lunch from 12:30pm-1:30pm). After hours or on weekends please call the Emergency Department at 571-4800.**

