

PATIENT CARE SERVICES

AMBULATORY CARE

Air Cast Instructions

How to apply air cast properly

- Ensure you are wearing either the stockinette provided or a long sock. This will help minimize odour due to perspiration, as well as to protect the skin of your foot/leg from skin breakdown due to excessive moisture.
- Ensure that your heel is firmly placed and snug in the rear of the air cast when placing your foot into the air cast.
- Fold over the padded flap and then the flap with the Velcro™ to secure.
- Apply plastic cover over front of the air cast.
- Secure plastic cover using Velcro™ belts and buckles attached to the air cast.
- Secure straps by moving from bottom strap to top strap, ensuring a 'snug' but not restrictive fit.

How to Inflate/Deflate your air cast

- There are two ports attached to your air cast. Both ports are located at the sides of the air cast. Each port is used to inflate/deflate the air bladder on that side.
- To inflate the cast, make sure the metal port is closed. Push the rubber pump up to a maximum of 5 pumps.
- To deflate the cast, open the metal port to release the air while the air cast is still on.

Remember

- Always wear a sock or stockinette when in the air cast.
- Inflate the air cast equally on both sides.
- Make sure the air cast fits snugly.
- If the air cast feels too tight, release some air from the air cast bladders.
- Always deflate the air cast before removing.
- Check skin daily to ensure there are no pressure areas.

