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.

Information is available in alternate formats upon request