Dr. Yousef Nafal, DPM
FOOT & ANKLE SURGEON

Questions? Call
(734) 667-3714

HOME CARE

Walking boot and cast care

Wear your boot or cast exactly as Dr. Nafal tells you. Keep it dry, and check your toes every day.

Your plan (Dr. Nafal will check)

Weight: ☐ No weight ☐ Some weight ☐ Full weight, as comfortable

Wear the boot: ☐ At all times, even to sleep ☐ When up and walking ☐ Off to bathe ☐ Off for gentle exercises

Walking boot (CAM boot)

Putting it on

- Sit down. Wear a long, thin sock to protect your skin.
- Slide your heel **all the way back** in the boot.
- Close the straps from the toes up. Snug, not tight.
- If it has an air pump, inflate it until the boot feels snug.

Walking in it

- Take short, even steps. Use crutches if you were told to.
- Wear a shoe of similar height on your other foot to keep your hips level.
- Check your skin each time you take the boot off.
- No driving with a boot on your right foot.

Swelling

- Raise your foot above your heart when you sit or lie down, especially the first few days.
- Ice over the boot or cast, or behind your knee, for 20 minutes. Keep the cast dry.
- Wiggle your toes often.

Check every day

- Press a toenail. The color should come back in 2 seconds.
- Your toes should be warm and move easily.
- Look for red marks or sores at the edges.

Cast or splint



A splint holds the ankle still while it heals.

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Keep it dry and in one piece

- Cover it with a cast cover or two plastic bags to bathe. Keep it out of the water.
- If it gets wet, call us. A wet cast can hurt your skin.
- Don't stick anything inside to scratch.
- Don't trim, cut or pull out the padding.

Do

- ✓ Keep the boot clean. Wipe it with a damp cloth; wash the liner by hand and air dry it
- ✓ Use a cast cover or two plastic bags to shower
- ✓ Keep your leg moving: toes, knee and hip
- ✓ Bring the boot to every visit

Don't

- ✗ Get your cast wet, or use a hair dryer on hot to dry it
- ✗ Put powder or lotion inside the cast
- ✗ Walk on a cast unless it is a walking cast and you were told you could
- ✗ Stop wearing the boot before Dr. Nafal says

Your follow-up visit

Date: _____ Time: _____ ☐ Canton ☐ Troy

⚠ Call us right away if you have

- Toes that are numb, tingly, cold, pale or blue
- A cast or boot that feels too tight, even after raising your foot
- Burning, rubbing or a new sore spot
- A cast that is cracked, soft or wet
- A bad smell or drainage
- New pain, swelling or warmth in your calf

Call 911 for chest pain, trouble breathing or coughing up blood.