

READ ME FIRST!

Application & Fitting Guide

Heelift® and Heelift® Smooth Suspension Boots

Heelift and Heelift Smooth Suspension Boots are medical devices designed for use as an adjunct to heel pressure prevention and treatment regimens.

Additional indications for the use of Heelift Boots include: malleolar decubitus, foot drop, flaccid paralysis (nonspastic), hip fractures (pre- and post-op) and skin grafts.

In order for Heelift Boots to offer optimal heel pressure relief, it is imperative that the boot is applied and fitted properly. **It is mandatory that Heelift Suspension Boots be removed every 8-12 hours to check for ischemia or discoloration.**

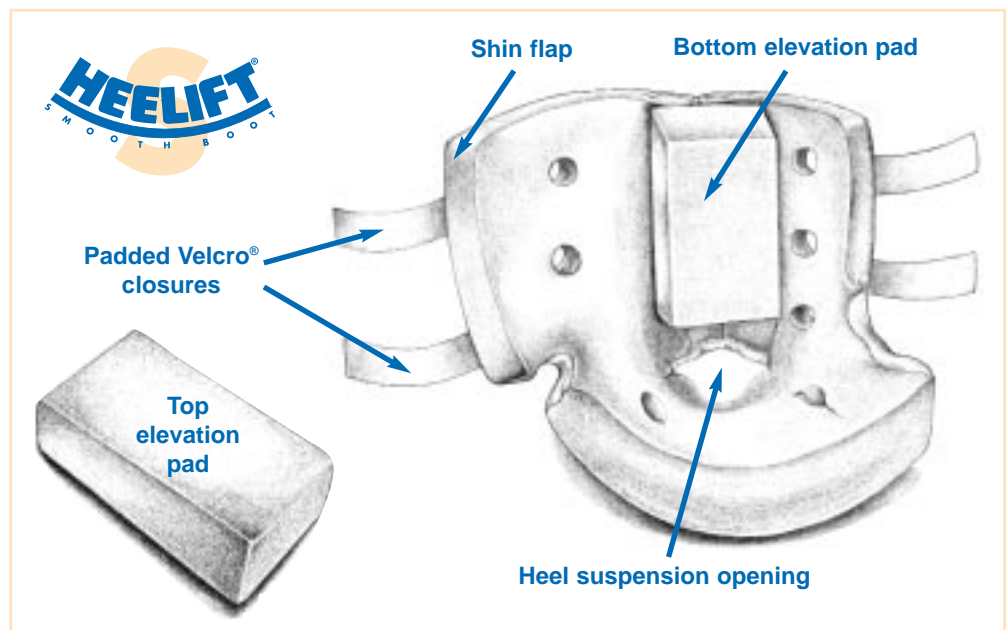
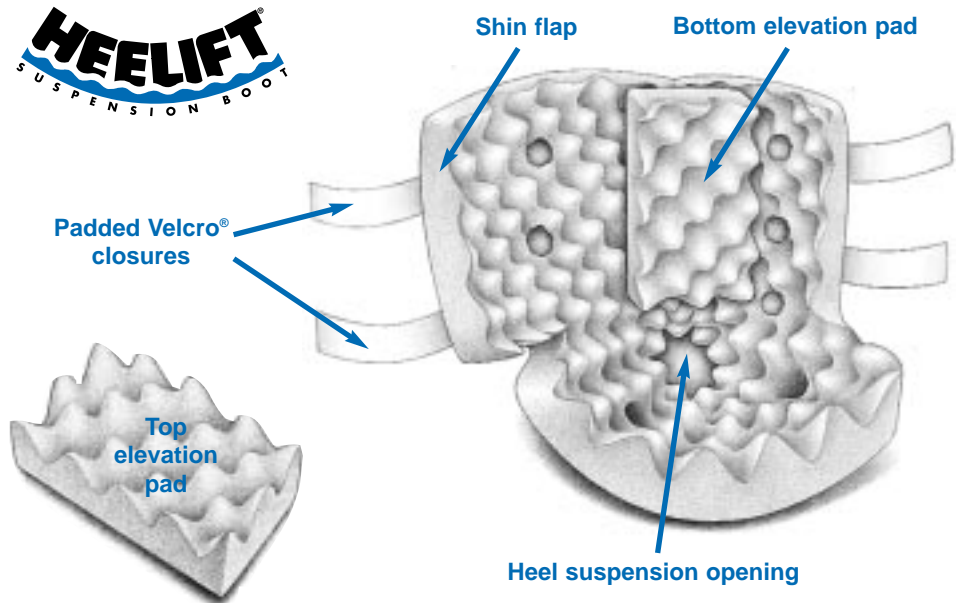
Since both products are designed to provide a secure, custom fit, you should have no trouble greatly reducing movement of the foot and lower leg.

However, if you need further assistance, contact a Heelift customer support representative by calling:

1-800-254-5438

NOTE: Heelift Smooth Boot offers all of the benefits of original Heelift but features a smooth interior foam surface specifically designed for patients suffering from edema.

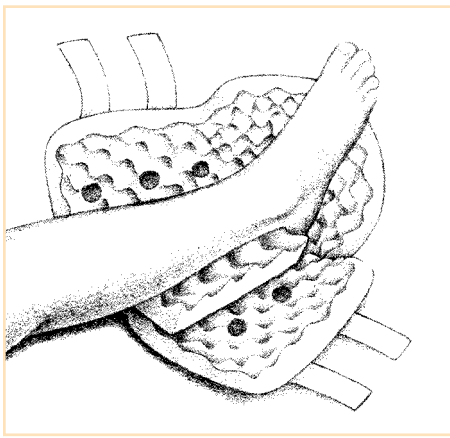
As application and fitting instructions are identical for both products, the following four-step process applies to either product.



STEP
1

Open up Heelift or Heelift Smooth Boot so that the Velcro® closures and the shin flap are pulled away from the boot as shown above. Set the loose elevation pad aside.

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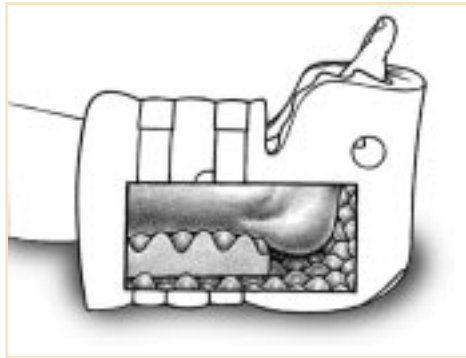


STEP 2 Place patient's foot inside the boot with the heel positioned above the heel suspension opening, as illustrated above. The patient's heel should hang out over the bottom elevation pad.

To accommodate larger or smaller feet, this pad either may be detached and moved forward or backwards, or trimmed to allow more or less space for the heel.

STEP 3 Pull the shin flap by the Velcro® closures to the left, over the shin. Hold the closures down while pulling the left-hand Velcro® closures to the right. Then secure the two sets of closures together.

IMPORTANT!
The padded closures fasten together over the shin-not the foot, a common error.



STEP 4 Test for proper fit by trying to move the boot with the patient's foot resting in it.

If there appears to be significant movement, then remove the foot and place the loose top elevation pad on top of the bottom elevation pad. (Do not pull off the paper strip that is on the bottom side of the loose elevation pad.) If the addition of the top elevation pad results in a better fit, adhere the pad to the bottom elevation pad by peeling off the paper exposing the adhesive.

If the size of the patient prevents the heel from suspending out beyond the bottom elevation pad, then the bottom elevation pad may be repositioned or trimmed to create a larger space between the pad and the heel suspension opening.

Visit our web site for tips on customizing Heelift to your patient.
www.heelift.com

Care of Heelift and Heelift Smooth Boots:

When Heelift becomes soiled, hand washing with cool water and a mild cleanser is recommended.

Machine washing the boot in a standard, not industrial, washer is an acceptable alternative to hand washing. The Velcro® straps should be closed and placed into a net laundry bag prior to machine washing. *Machine washing may degrade adhesive.*

Application for Additional Uses

Hip Fractures

To prevent external rotation as in hip fractures, secure the loose pad to the outer side of Heelift or Heelift Smooth Boot as shown at right.



Foot Drop

To prevent foot drop, secure the loose elevation pad in a vertical position behind the sole of the foot as illustrated.

