

Information about the Fixed Walker Boot (Outpatients)

We have given you a fixed walker (which is a removable boot). This is to support your foot. Please follow the advice below:

1. Please check your skin every day for any changes in skin colour or blisters. If you develop any skin irritations, please contact your local fracture clinic for advice.
2. Check your circulation on a regular basis. If you have any unusual sensations in your leg or foot, or if the walker feels too tight, release the closure straps and adjust to a comfortable level. If your discomfort continues, please contact your local fracture clinic.
3. Elevate the leg when resting.
4. Do not remove the inner foam lining which is stuck to the plastic walker boot.
5. You can remove the walker while in bed unless the medical staff tell you otherwise.
6. You can remove the walker when bathing or washing leg, unless the medical staff tell you otherwise.
7. **Do not weightbear (i.e. put your weight) on your affected leg when removing the walker.**
8. Please remove your walker on a regular basis for exercising purposes, unless medical staff tell you otherwise.
9. You can stop wearing the walker after _____ weeks.

Please contact your local fracture clinic for advice before attending the hospital

Vale of Leven Hospital	01389 817645
Royal Alexandra Hospital	0141 314 6789
Inverclyde Royal Hospital	01475 504547