

Walking Boot aka CAM Boot aka Cast Boot

Despite sometimes being called a Walking Boot, we do not always let you walk in it. If there is confusion, please ask so we can clarify.

Irritation:

The boot can rub and irritate your incisions, your skin, and your wound. This is most true on the heel bone and on the sides of the ankle. This can lead to wound infections, delayed wound healing, and potentially surgery to treat these problems.

To avoid these complications, we advise ALWAYS wearing a sock while in the boot. We also advise **lining the inside of the boot with Maxi Pads aka Hygiene Pads**. These pads are adhesive, can be removed and changed every couple of days. They provide great padding and protection to the foot and ankle.

Short Boots:

Often people will have their own boot from an ER, Urgent Care, friends, etc. Usually, these boots will work. However short boots, although more comfortable and easier to use, do not provide adequate protection and stability. **Short boots are not recommended.**

