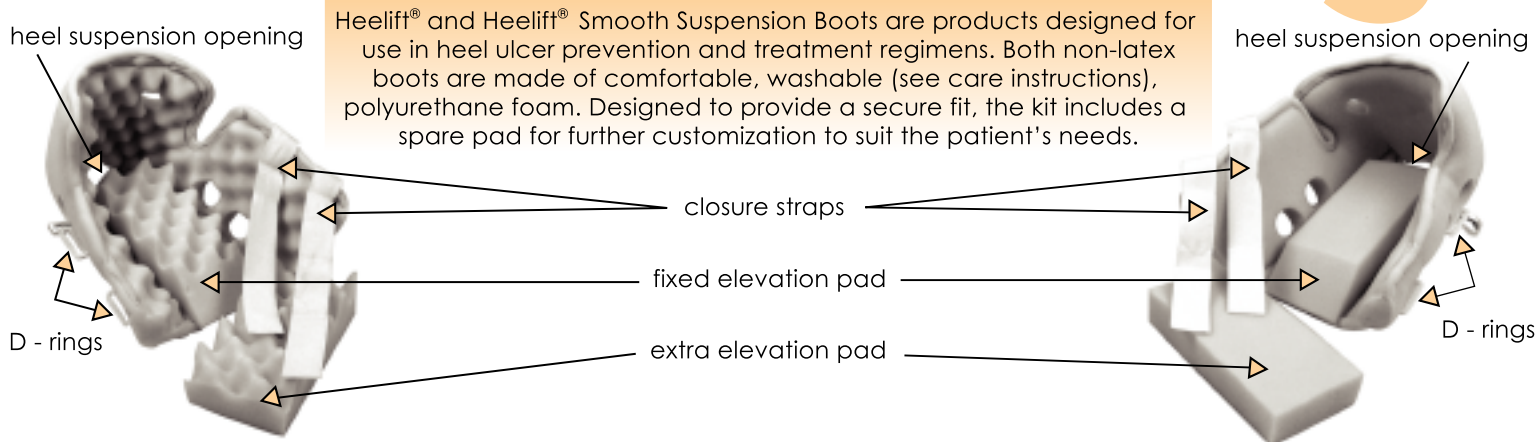




# Application & Fitting Guide

## Heelift® and Heelift® Smooth Suspension Boots



Heelift® and Heelift® Smooth Suspension Boots are products designed for use in heel ulcer prevention and treatment regimens. Both non-latex boots are made of comfortable, washable (see care instructions), polyurethane foam. Designed to provide a secure fit, the kit includes a spare pad for further customization to suit the patient's needs.

### Application of Boots

**STEP 1**  
Open up the Heelift® boot (Fig. 1). Set the extra pad aside. **KEEP IT AVAILABLE**, you may need it later to further customize the boot.



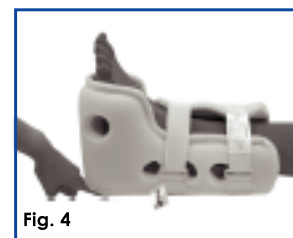
**STEP 2**  
Place the foot inside the boot with the heel positioned above the heel suspension opening (Fig. 2). The heel should hang over the bottom elevation pad.



**STEP 3**  
Pull the closure straps over shin towards D-Rings. Thread the straps through D-Rings (Fig. 3). Use hook-and-loop closures to secure the straps. Leave flaps slightly open to provide added ventilation.



**STEP 4**  
Test for the proper fit. You should be able to fit your fingers between the heel opening and the bed (Fig. 4). The boot should not move freely on the leg.



### Customizing the Fit

**CAUTION:** DO NOT cut through the sewn rim of the boot and DO NOT remove the entire sheet of adhesive backing from the spare pad unless it is necessary.



#### LONGER LEGS

Place the extra pad slightly more outward than the fixed pad.



#### HIP ROTATION

Secure the extra pad in a horizontal position to outer side of the boot.



#### FOOT DROP

Secure the extra pad in a vertical position behind the sole of the foot.



#### PARTIAL MOBILITY

Walking short distances is permitted. If walking long distances, do so **ONLY WITH ASSISTANCE**.



#### MALLEOLAR DECUBITUS

Cut away the bumps surrounding the ankle. Cut a portion of the fixed pad if necessary.



#### ACHILLES TENDON

If redness occurs in this area, cut a "V" shape out of the fixed pad. If using both pads, customize the upper pad.



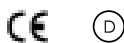
#### BARIATRIC LEGS

If the heel comes into contact with the bed sheet, add the extra pad on top of the fixed pad for increased elevation.

### Care Instructions for the Boots

- Hand washing is recommended for soiled Heelift® boots using a mild cleanser and warm water.
- For Machine Washing and Drying, close straps and place in a net laundry bag or pillow case.
- For wounds that are draining, sanitize your Heelift® after washing by spraying it with an antiseptic spray.

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Additional Patents Pending



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