



# Family Education Sheet



## Home Care Instructions for Patients with Multi-Podis Boots

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Multi-podis boots are often used after foot or ankle surgery, or when the foot or ankle should not be moved. The multi-podis boot keeps the foot in a flexed position. This is important because it helps prevent the foot from getting stuck in a dropped position (called foot drop). The boot can also help keep pressure off your child's heel to prevent heel ulcers or relieve pressure if ulcers start to appear.



### ***Before your child goes home from the hospital you should:***

- Know how to safely put on and remove your child's multi-podis boot.
- Check your child's skin to make sure that his/her boot fits well.
- Understand that all equipment should be worn at all times other than during skin checks and hygiene (unless you are told differently).
- Review your child's restrictions with your nurse. You should know how much weight your child can bear (stand), how much your child can move his/her foot (range of motion), and how active your child can be.
- Ask your nurse any questions you have about the multi-podis boots.
- Demonstrate how to use the boot "kick stand" to help keep the foot in alignment.

### ***When your child is home from the hospital you should:***

- Make sure your child's foot fits snugly into the boot. Check to make sure that your child's foot "floats" above the heel bar.
- Remove the boot at least every 4 hours for skin checks and hygiene. Some children wear the boot on a schedule set by their doctor (such as two hours on and two hours off). Ask your doctor how long your child should wear the boot.
- Make sure your child does not move too much within the boot because this may lead to skin issues. If your child moves too much, he/she may need a different kind of boot (called a waffle boot) that helps reduce friction.

### ***Call your doctor or nurse if:***

- Your child has any new skin issues. Measure the affected area and describe the tissue when you call.
- The multi-podis boot causes your child pain or serious discomfort.
- The boot is broken or soiled.
- You have any questions or concerns.

***Numbers to Call***

- **Monday-Friday 8:30am-4:00pm:** Call the Orthopedic Clinic at 617-355-6021.
- **Weekdays after 5:00 pm, weekends and holidays:** Call the hospital page operator at 617-355-6369 and ask to speak with the orthopedic resident on-call.

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A ***Spanish*** version of this is available from your provider

Send comments or questions to: ***[Familyed@childrens.harvard.edu](mailto:Familyed@childrens.harvard.edu)***

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