

Caring for Your Child's Walking Boot

Your child has been given a walking boot to help them heal by stabilizing the injury, protecting the affected area, and allowing some mobility. Follow these instructions for a safe and comfortable recovery.



Basic Care Instructions

- Follow your provider's instructions on how long to wear the boot. In most cases, it can be safely removed for bathing and sleeping.
- Make sure the boot is secure but not too tight. There should be enough space to fit a finger between the boot and your child's skin.
- Check your child's skin daily for any signs of redness, swelling, blisters, or irritation. Keep the skin around the boot clean and dry, avoiding lotions or powders that may trap moisture and cause irritation.
- Wipe down the boot with a damp cloth to keep it clean if it gets dirty. Keep the boot dry unless it is specifically designed to be waterproof.
- It is best to keep the hips as aligned as possible when walking or standing for long periods. It is recommended to wear a tennis shoe on the non-injured side and a sock on the injured side.

Reducing Swelling and Managing Pain

- **Elevate the Limb:** Raise the injured leg above the level of the heart to help reduce swelling.
- **Apply Ice:** Place ice packs around the boot (not directly on the skin) for 10-15 minutes every hour as needed.
- **Pain Relief:** If recommended by your child's provider, you can give over-the-counter pain relievers like acetaminophen or ibuprofen.

Activity Recommendations

- Help your child avoid high-impact activities. Encourage them to rest as much as possible until they are cleared for activity by their provider.
- Follow the healthcare provider's guidelines about weight-bearing. Your child may need crutches or a scooter to avoid pressure on the injured leg.

When to Contact your Provider

Call our nurse line for any urgent concerns. Use portal messaging for non-urgent questions. Contact us if your child experiences:

- Persistent or increased pain that doesn't improve with rest or medication
- Numbness, tingling, or a feeling of tightness that could indicate the boot is too tight
- Skin irritation due to friction (if the boot does not fit snugly)
- Signs of infection, such as redness, warmth, a foul odor, or fever
- A damaged boot or a boot that doesn't fit correctly

Follow-Up Care

Keep all follow-up appointments to monitor your child's healing and ensure they are cleared to resume sports and other physical activities.

Extra Tips for Comfort

Keep your child busy with seated activities like reading, drawing, or puzzles to keep them comfortable and entertained.