Home Care Instructions for Patients with Multi-podis Boots

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 snuggly 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.

A [Spanish](#) version of this is available from your provider.

Send comments or questions to: Familyed@childrens.harvard.edu