

Patient Information Leaflet: Parafricta® Bootees

Your health or care professional has provided you with Parafricta® bootees to wear to help prevent bedsores on your feet, particularly on your heels. This Patient Information Leaflet aims to provide you with essential information on the proper use and care of Parafricta® bootees.

What are Bedsores?

Bedsores (medically known as pressure ulcers) are injuries to the skin and underlying tissue, primarily caused by a combination of pressure, dragging (shearing) and abrasion (friction) on the skin. They usually occur over a bony prominence such as the heel or ankle bones. Prolonged periods in bed or seated in a chair greatly increase the chances of developing bedsores.

Bedsores can lead to serious and even life-threatening health consequences if left untreated. Always seek advice from a qualified healthcare professional if you think you, or a person in your care, has a bedsore.

How are Bedsores Prevented?

It is important to reduce the pressure, dragging and abrasion over bony prominences in contact with the bed or chair. This can be achieved by not staying in the same position for extended periods, by using pressure-relieving mattresses and cushions and by using low-friction fabrics in contact with the skin.

What are Parafricta® Bootees?

Parafricta® bootees are specially designed to incorporate a unique low-friction material inside. These bootees are intended to reduce friction and shearing (dragging) forces on your feet when you move them on the bed or floor, and therefore help to prevent bedsores.

How to Use Parafricta® Bootees:

1. Check you have the Correct Size:

- The bootees come in five sizes. Make sure you have the right size for your shoe size. The bootee should fit snugly but without squashing your toes or being too tight around your ankles.

2. Put on the Bootees:

- Slide your foot gently into the bootee, making sure your toes are properly positioned.
- Ensure there is enough room inside the bootee for your foot to slip around slightly.
- If your bootees have fasteners (Velcro® straps), secure them according to your comfort level but not too tightly.
- If you feel that the bootee is digging into the flesh around your ankle, please remove the bootee and discuss alternatives with your healthcare professional.

- Do not wear anything under the bootee such as slippers or knitted socks. The bootees *can* be worn over anti-embolism stockings or compression wrapping/hosiery, if advised by your healthcare professional.

3. **Walking in the Bootees:**

- The anti-slip sole makes it safe to get out of bed and to stand up on dry surfaces. Do not use the bootees to walk on wet surfaces such as bathroom floors.

4. **Regular Inspections:**

- Periodically check the bootees for any signs of damage or wear, such as seams opening-up or the anti-slip sole wearing away. Replace them if they become damaged.

Care and Maintenance:

1. **Cleaning:**

- Clean the bootees regularly according to the instructions on the care label.
- The reusable versions of the bootee can be washed at 60-70°C using a gentle (synthetics) washing cycle. Use your regular detergent but not fabric conditioner.
- Tumble dry the bootees on a low (synthetics) setting or allow the bootees to air dry.
- Close any Velcro® straps before washing and drying the bootees.
- **Never** use chlorine-based bleach to clean the bootees (it will damage the low friction fabric lining).

2. **Storage:**

- Store the bootees, when not being worn, in a dry place, in their original packaging if possible.

When to Consult Your Healthcare Provider:

If you experience any discomfort, irritation, or worsening of existing skin conditions while using Parafricta® bootees, consult your healthcare provider for advice.

Contact Information:

For any other questions or concerns about Parafricta® bootees, please contact the manufacturer.

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Parafricta®

