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# Customization and Sizing of Heelift® Boots

## Easy Application (applies to all models)



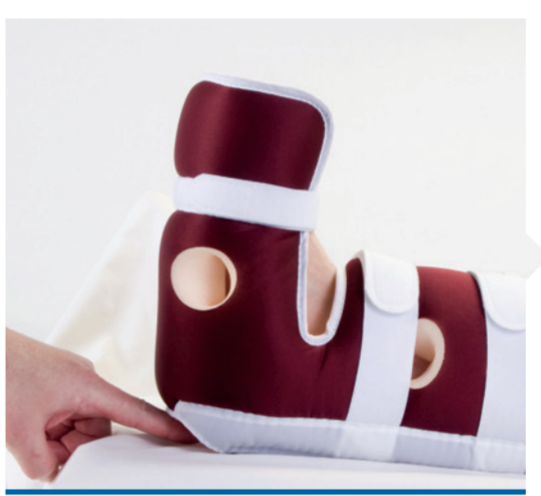
Place the foot inside the boot with the heel positioned above the heel suspension opening. The heel should hang over the fixed elevation pad.



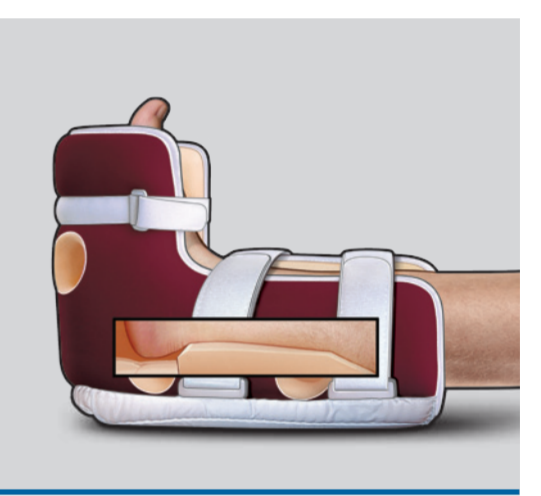
Close the closure straps loosely. Do not overtighten. They should not be in contact with the skin.



Test for the proper fit. The closure straps should fit loosely.



You should be able to fit your fingers between the heel opening and the bed.



Application finished. (The Heelift® should be removed and the leg and foot inspected for skin breakdown, every 6 – 8 hours.)

## Customizing the fit (applies to all models)



**Foot and hip rotation:** Secure the extra pad at the respective position.



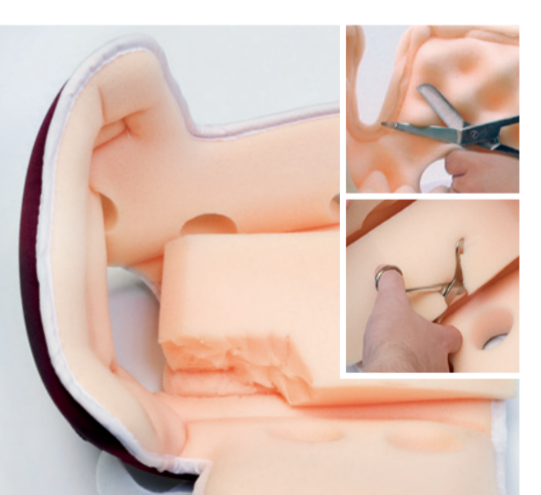
**Compression therapy:** Apply the boot normally with the SCD sleeve and place the tubing so that it exits out of the opening.



**Foot drop:** Attach the extra pad in a vertical position behind the sole of the foot.



**Achilles tendon:** Cut a »V« shape out of the fixed pad.



**Malleolar decubitus:** To customize, remove unwanted bumps and a portion of the fixed pad.

### Washing instruction

**To hand wash:** Use mild cleanser and warm water.  
**To machine wash and dry:** Secure straps and place in net laundry bag.  
**To sanitize after washing:** Use an antiseptic spray.  
**To sterilize:** Secure straps and follow standard protocols with a steam autoclave. Allow at least two hours to cool and dry completely.  
**Material:** Latex free polyurethane foam  
**Recommended for single-patient use.**

### Sizes

Size	Petite	Normal	Bariatric
Weight kg	32 – 59	54 – 113	100 – 272
Calf circumference cm	15 – 25	20 – 36	30 – 58
Heelift® Smooth	✓	✓	✓
Heelift® Standard	✓	✓	✓
Heelift® Glide Smooth	✓	✓	✓
Heelift® Standard	✓	✓	✓
Heelift® AFO Smooth		✓	
Heelift® Standard		✓	

### Material

**Standard**  
 Convoluted foam for better air circulation.

**Smooth**  
 Smooth foam for sensitive skin.

Additional product information and the instruction can be found on: [www.darco-europe.com](http://www.darco-europe.com)

### Heelift® Heelift® Glide Heelift® AFO

