

## Seton Boot Instruction

Congratulations! Your doctor has decided that your injury can heal in a cast boot. It's nicer than a cast, because it's removable. The boot is only to be removed if the doctor instruct you to do so, and depends on your weight bearing status.

**Weight bearing status are as follows:**

Non weight bearing:	This means that absolutely no weight is to be placed onto the injured extremity. Seton Boots are rarely issued to patients who are non weight bearing. Crutches, walker, wheelchair, etc. are to be used for aid with ambulation.
Partial weight bearing:	This means that a small amount of weight can be placed onto the injured extremity. But not without the aid of crutches, walker, wheelchair, etc.
Weight bearing as tolerated:	This means that you can bear as much weight as you feel comfortable with. Discontinue crutches, etc. when ready.
Full weight bearing	You can now bear full weight without the help of any ambulatory aids. You can now wear a regular show and take a normal bath/shower. Don't be discouraged if your ankle still feels a little stiff or sore, that's normal.

**A couple things about this seton boot:**

1. No arch support. As you can see, the foot section of the boot is perfectly flat. Very few people have perfectly flat soles of their feet. As a result, many people end up with pain in the bottom and arch of their feet. This is remedied by buying an arch support. We recommend "Super Feet", which can be purchased in our softgoods store located in our department. Or from our over-the-counter pharmacy.
2. It has a bit of a heel. We highly recommend that the show you wear on the opposite side is the same level as the boot so there is no undue pressure on your hip or lower back.
3. It completely immobilizes the ankle, so that when you come out of it, hopefully your injury will be healed.
4. If there are any questions or concerns, please contact the Foot and Ankle Surgery Clinic at 707-566-5920 during business hours. Business hours are Monday-Friday, 8:30 a.m. - 5:30 p.m. (closed for lunch from 12:30 p.m. - 1:30 p.m.). If after hours or on weekends, call the Emergency Department at 707-393-4800.