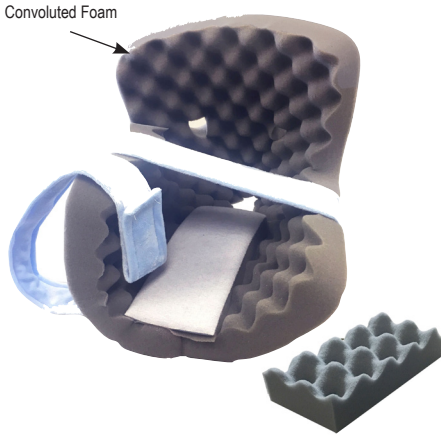
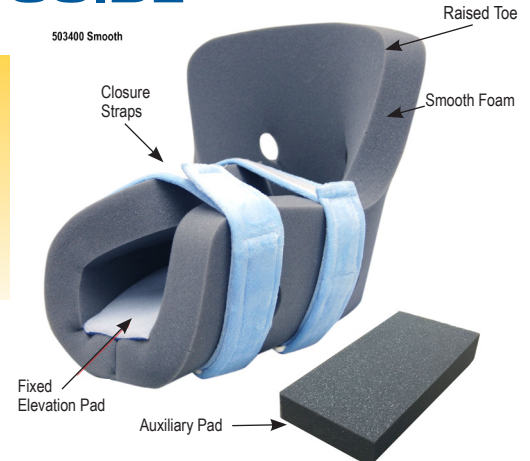


## APPLICATION & FITTING GUIDE



The Skil-Care Foam Pressure Relieving Heel Protector eliminates pressure by off-loading the heel for the prevention and treatment of heel ulcers. Two interiors are available: smooth and convoluted foam. Customized for a unique fit, each heel protector comes with an auxiliary pad. The heel protectors are manufactured of latex-free polyurethane foam and have a heel insert that is covered with a low friction fabric.



### Application of Foam Heel Protector

#### STEP 1

Open up the heel protector (Fig. 1). Set the auxiliary pad aside for future use. It can be used later for customization.

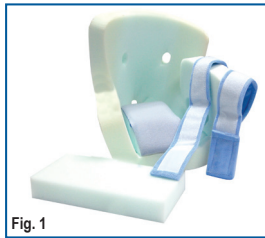


Fig. 1

#### STEP 2

Place patient's foot inside the heel protector. Make certain that the heel is suspended over the air cavity with toes facing upward (Fig. 2).

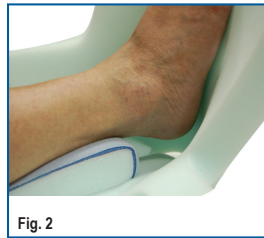


Fig. 2

#### STEP 3

Thread the Velcro® straps through the D-rings and secure the closures. (Fig. 3). Velcro® closures should be snug but not tight.

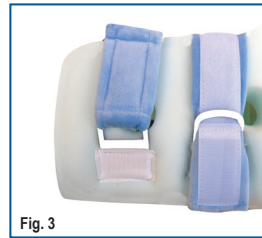


Fig. 3

#### STEP 4

To ensure a proper fit confirm that the heel is over the heel suspension opening and the straps are comfortably tightened (Fig. 4).

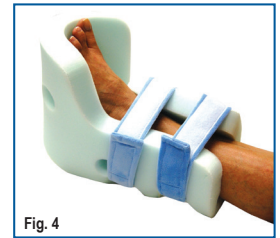


Fig. 4

**Note:** Foam Heel Protector is currently grey in color

### Customizing the Fit



#### LONGER LEGS

Place the auxiliary pad slightly outward from heel protector to comfortably accommodate a longer leg. Cut the adhesive backing so that the adhesive is in contact with the heel protector.



#### HIP ROTATION

Secure the auxiliary pad in a horizontal position outside the heel protector. Then secure the straps (Fig. 3).



#### FOOT DROP

Place the auxiliary pad in a vertical position behind the sole of the foot. Note, ensure that the heel is suspended over the air cavity.

### Caution

1. Use on bedridden patients only.
2. Do not allow patient to walk or stand on the floor while wearing the protector.
3. Have a medical professional remove heel protector periodically to inspect the skin.
4. Do not over-tighten the straps.
5. Assure that the foot is placed in the protector so that the heel is off-loaded.
6. When used with a Deep Vein Thrombosis (DVT) device, assure that the tubing is not in contact with the skin and the air flow is not compromised.

**\*Meets CA 117 flammability standards**

### Care Instructions for the Foam Heel Protector

- **Hand Washing:** use disinfectant or soap and water.
- **Machine Wash and Dry:** place in a mesh laundry bag and do not dry above 180°F (82°C). After washing and drying an antiseptic spray can be used.

Item No.	Description	Size	U/M
503400	Foam Heel Protector - Smooth	Universal	Each
503450	Foam Heel Protector - Convuluted	Universal	Each
503098	Foot Stabilizer - Foam	Universal	Each



503098 Foot Stabilizer (Sold Separately)