



Friction and Shear Protection Bootees

Taking Measurements

Measure from the tip of the longest toe to the back of the heel. If unsure which of the two sizes to use, select the larger option.



Size Selection					
Product Description	Product Size	UK Shoe Size	Toe to Heel (Max)	Product Code	PIP Code*
 Parafricta® Bootee Slip On (packed in singles)	XS	2 - 3½	24cm	PFFB-002XS	361-3957
	S	4 - 6	26cm	PFFB-002S	361-3965
	M	6½ - 8½	28cm	PFFB-002M	361-3973
	L	9 - 11	30cm	PFFB-002L	361-3981
	XL	11½ - 13	32cm	PFFB-002XL	361-3999
 Parafricta® Bootee Velcro Closure (packed in singles)	XS	2 - 3½	24cm	PFFB-001XS	361-4005
	S	4 - 6	26cm	PFFB-001S	361-4013
	M	6½ - 8½	28cm	PFFB-001M	361-4021
	L	9 - 11	30cm	PFFB-001L	361-4039
	XL	11½ - 13	32cm	PFFB-001XL	361-4047

*pharmacist ordering codes for FP10 prescriptions

Parafricta®

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Parafricta®

User Guide For Bootees



**Pressure Ulcer prevention
and recovery**

Relief from Friction and Shear

There are two types of Parafricta® bootee

Slip-on



Velcro-closure



Parafricta® Bootees contain a unique **low friction fabric** and are designed to protect fragile skin on the feet against the damage caused by **friction** and associated **shear**

- Help to prevent, and aid in the healing of, pressure ulcers and friction lesions
- Aid the retention of wound dressings by preventing “rucking-up” as the patient moves their foot
- Are particularly useful for patients with repetitive movements or using the heel to push themselves up in the bed
- Are lightweight, cool and comfortable to wear
- Are easily removable to inspect vulnerable skin
- Can be washed and reused, see instructions on the care label

Instructions for use

- Designed for wear in bed or whilst seated. May be used in combination with suitable pressure offloading (e.g. mattress, cushion or wedge)
- Select a size according to the table that fits comfortably, based on the measurement in cm from the tip of the longest toe to the back of the heel
- If it is difficult for the user to get a Slip-on Bootee on or off, or a risk of the ankle swelling, then consider using a Parafricta® Velcro®- closure Bootee
- If using a Velcro®- closure Bootee, loosen straps to allow the foot to slip into the bootee and secure firmly but not tightly with the Velcro
- The bootees have a non-slip sole to assist wearers transferring from bed to chair

When to use Parafricta® bootees

For patients at risk of, or with existing, heel or foot pressure ulcers, for example

- When there are early signs of skin breakdown e.g. non-blanching, reddened skin; abrasions; high sub-epidermal moisture
- When patients are difficult to reposition without dragging heels on the support surface
- When patients frequently use their heels to push themselves up the bed
- When patients’ conditions result in chronic repetitive movements or restlessness
- When the dressing over an existing pressure ulcer is frequently displaced
- When there is a particular cause of extreme skin fragility (e.g in diabetics or at end of life)

When to change the bootees

If there is any sign of soiling or according to clinical judgement.

How to wash the bootees

All items should be washed with minimal other washing in a hot, 60°C synthetic cycle and air dried.

The Velcro® fastenings should be closed during washing. Professional laundries may use a wash cycle that includes 70°C for 10 minutes (sanitising cycle).

Can patients walk in the bootees?

The bootees are usually worn in bed, but the non-slip sole does allow for safe transfer from bed to chair.

Can the bootees be worn over dressings?

They can be used to help retain wound dressings by preventing displacement caused by friction (“rucking up”).

Will patients’ feet become hot or moist?

No, the fabric is cool and breathable.

Can socks or hosiery be worn inside the bootees?

No, the skin should be in direct contact with the lining fabric except for anti-embolic or compression hosiery prescribed by a medical practitioner.

References

NICE Pathway for Pressure Ulcers:
<http://pathways.nice.org.uk/pathways/pressure-ulcers#>

Heel pressure ulcer prevention: a 5-year initiative using low-friction bootees in a hospital setting (**Gleeson, D.** Wounds UK Vol 12, No4, 2016)

Clinical and cost effectiveness evaluation of low friction and shear garments (G. Smith & A. Ingram, Journal of Wound Care Vol 19, N°12, Dec 2010).