

# User Guide

## For Bootees

There are two models of Parafri<sup>ct</sup>a<sup>®</sup> reusable bootee.



**Slip-on**



**Velcro<sup>®</sup>-closure**

Parafri<sup>ct</sup>a<sup>®</sup> low friction fabric bootees are reusable products that are intended to aid in the prevention or healing of pressure ulcers, either alone or in combination with wound dressings or pressure relieving equipment.

Pressure ulcers (Pressure injuries/ “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 pressure ulcer.*

### Instructions for Use

- Designed for wear in bed, or whilst seated, to protect skin on the feet, particularly the heels.
- May be used in combination with suitable pressure redistributing devices (e.g. mattress, cushion, or wedge).
- Select a size that fits comfortably according to the Size Selection table.
- If it is difficult for the user to get a Slip-on bootee on or off, protection is required over the ankle bone or there is a risk of the ankle swelling, then consider using a Parafri<sup>ct</sup>a<sup>®</sup> Velcro<sup>®</sup>-brand closure bootee.

## Instructions for Use (continued)

- If using a Velcro®-brand closure bootee, loosen straps to allow the foot to slip into the bootee and secure firmly but not tightly with the Velcro.
- Socks or hosiery should not be worn inside the bootees except for anti-embolic or compression hosiery prescribed by a medical practitioner.
- The bootees have a non-slip sole to allow wearers to transfer safely from bed to chair.
- May be used over dressings to help retain wound dressings by preventing displacement caused by friction (“rucking up”).
- Change to a clean bootee if there is soiling or according to clinical judgement.
- Bootees should be disposed of if there is heavy soiling not removed by washing or if there are signs of seam failure or damage to the low friction lining fabric.

## Size Selection



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

Bootee Model	Product Size	UK Shoe Size	Toe to Heel (Max)	Product Code
 <p><b>PFFB-002</b> Slip-on bootee (packed in singles)</p>	XS	2 - 3½	24cm	PFFB-002XS
	S	4 - 6	26cm	PFFB-002S
	M	6½ - 8½	28cm	PFFB-002M
	L	9 - 11	30cm	PFFB-002L
	XL	11½ - 13	32cm	PFFB-002XL
 <p><b>PFFB-001</b> Velcro®-closure bootee (packed in singles)</p>	XS	2 - 3½	24cm	PFFB-001XS
	S	4 - 6	26cm	PFFB-001S
	M	6½ - 8½	28cm	PFFB-001M
	L	9 - 11	30cm	PFFB-001L
	XL	11½ - 13	32cm	PFFB-001XL

## When to Use

Parafricta® Bootees work by providing relief from **friction** and associated **shear**.

Consider using for patients under the following conditions (examples):

- When there are early signs of skin breakdown e.g. non-blanching erythema; 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 very high risk (e.g. in diabetics or at end of life)
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## Precautions

- Do not use on undressed, open wounds.
  - Ensure that complete pressure offloading is used where indicated, particularly for suspected deep tissue injury (sDTI).
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## Washing Instructions

- Parafricta® Bootees should be washed in a light load on a hot (60°C), synthetics cycle in a domestic washing machine.
  - In a professional laundry the bootees may be washed on a setting that includes 70°C for 10 minutes (sanitising cycle).
  - The Velcro®-brand fastenings should be closed during washing and tumble drying.
  - Heavily soiled items may be pre-soaked in a proprietary oxidising stain remover (not domestic/chlorine bleach).
  - Tumble dry on a low, synthetic cycle (max exhaust temperature 60°C) or line (air) dry.
  - Do not iron.
  - Do not dry clean.
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## References

See [www.parafricta.com](http://www.parafricta.com) 'Clinical Evidence'

NICE Guidance - Parafricta Bootees and Undergarments to reduce skin breakdown in people with or at risk of pressure ulcers - 19 May 2021

[www.nice.org.uk/guidance/mtg20](http://www.nice.org.uk/guidance/mtg20)

## Glossary of Symbols Used on Pack Inserts

 REF	Catalogue number	 UDI	Unique Device Identifier
 X1	Pack of 1	 LOT	Batch code
	Consult Electronic Instructions for Use		Date of manufacture
	Patient Information Website		Use-by date
	Maximum washing temperature 60°C – mild process	 MD	Medical device
	Only oxygen / non-chlorine bleach allowed		Complies with EU medical device regulations
	Tumble drying possible, low temperature		Complies with UK medical device directive
	Do not iron		
	Do not dry clean		

## Manufactured by



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APA Parafricta Ltd is a registered medical device manufacturer with the UK's MHRA. The company is also registered on the EU EUDAMED database for medical device manufacturers.

## Fibre Content of Bootees

### PFFB-001 Velcro®-brand closure

Body/lining: 100% nylon

Toe mesh: 100% polyester

Ankle trim: 80% nylon 20% elastane

Latex free



### PFFB-002 Slip-on

Body/lining: 100% nylon

Toe mesh: 100% polyester

Ankle cuff: 97% cotton 3% elastane

Latex free

