

# Mölnlycke® Z-Flex™ Fluidized Heel Boot

## Offloading to prevent heel pressure ulcers

The Mölnlycke® Z-Flex™ Fluidized Heel Boot is made with a single low pressure air chamber designed to maximize surface area contact to redistribute pressure from the heel and Achilles tendon to the whole lower leg. It incorporates a thermal regulating material to make it more comfortable to wear plus a fluidized positioner that conforms to the Achilles aids in protecting this vulnerable area. A built-in gate facilitates skin assessments and the elastic shin straps accommodate a variety of leg sizes.



## Application Guidelines:



1. Remove the Z-Flex Boot from the bag and open all the straps.



2. Place the foot and lower leg in the boot with the heel centered over the heel opening. The Achilles tendon should be resting on the fluidized positioner in the boot.



3. Secure the elastic shin straps starting from either the bottom strap closest to the ankle working up towards the knee or starting at the knee working towards the ankle. Do not over-tighten the straps.



4. Attach both sides of the ankle support straps. Ensure the foot gate is gently closed over the bottom of the foot. **DO NOT cross the ankle support straps.**



5. The foot should be in an anatomically neutral position.



6. Foot Assessment: To access the foot, detach both ankle support straps and open the gate. To reapply, close the gate over the foot and reattach the ankle support straps.

## How to use with Sequential Compression Devices (SCD)

The Mölnlycke Z-Flex Fluidized Heel boot can accommodate most sequential compression devices. Ensure that no tubes or lines exit the boot through the heel opening or the top of the boot. Lines should never come in direct contact with the patient's skin. If possible, exit lines or tubes between the first shin strap and the ankle support strap. Other acceptable exits can be found between the first and second elastic shin strap or the second and third elastic shin strap.



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Product Code	Description	Pcs/case
1400122	Z-Flex Fluidized Boot - heel protector with gate and ankle strap	2
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