

Care and Handling

Your prosthesis is a sophisticated device designed to enhance your independence, activity level and mobility. It is customized specifically to you and your individual needs and is an important part of your new body. Care and maintenance of your prosthesis will ensure the best comfort and fit. You and your prosthetist are partners in creating and maintaining a device that enhances your life. With all of this in mind please follow these guidelines:

Your Residual Limb:

- Wash daily** with soap and water. Rinse and dry carefully. Whenever you bathe or shower be sure your limb is thoroughly dry before putting on your prosthesis. Bathing at bedtime is best so limb is thoroughly dry in the a.m.
- Do not shave your limb or apply creams/moisturizers before applying your liner.** When moisturizers are needed they should be used prior to bed so they can be absorbed into the skin over-night.
- Check daily for any signs of redness, blistering, swelling, soreness or breakdown of the skin.** If redness/irritation persists for more than an hour after the removal of your prosthesis, stop use immediately and contact your prosthetist. As the connecting point for your prosthesis, your residual limb is very important. Be attentive to skin changes and pressure points.

Shrinker Socks:

- Your shrinker socks are a compression garment designed to keep your residual limb from swelling. These are **meant to be used when you are not wearing your prosthesis.**
- When possible, they should be worn at least 4 inches above the knee to prevent roping around the knee. Keep sock pulled taut and wrinkle free.

Limb Socks:

- Socks are measured by thickness or "ply." (1, 3 or 5 ply)
- As the volume of your residual limb decreases, **additional plies of sock can be added to retain the snug fit of your prosthesis.** * Remember: Your prosthesis does not change but your leg does!!*
- Add or subtract socks according to your comfort and fit. Track changes in sock ply and report this to your prosthetist at your next appointment. Don't be afraid to add layers if you are feeling any pressure points!
- Change your socks as needed and wash with mild soap and water.** It is better to air-dry to retain elasticity.
- The sock must fit snugly without wrinkles to avoid pressure points but do not over pull as this may change the ply.**
- Keep threads trimmed so they do not wrap around the pin.

Silicone/Gel Liners:

- Apply by "rolling" onto your residual limb from the distal end. **Do not pull on like a sock!** Remove by "unrolling", leaving the gel side facing out for cleaning. **After cleaning, do not leave gel side facing out as it may collect lint.**
- Wash daily with mild soap and water.** For best results use an anti-bacterial soap that is free of dyes and perfumes(e.g. Softsoap). Rinse thoroughly, pat dry with lint free cloth and leave to dry completely overnight.
- Monthly Disinfection:** Using a spray bottle, mix 50/50 tap water and isopropyl alcohol. Lightly coat the interior gel of the liner and wipe gently. Rinse off excess alcohol and ensure that the liner is dry before reapplying. **Alcohol that may remain on liner surface can irritate the skin if not rinsed thoroughly!**
- **Inspect your liners on a daily basis** taking note of any wear of the fabric or gel which may indicate changes in the prosthetic fit.
- Rotate your liners daily.** Wear one while you are cleaning and drying the other.

Socket:

- Clean regularly.** For optimal function of your prosthesis, regular cleaning of the interior of the socket is required. Clean with a sponge or soft cloth and mild soap, towel dry and leave to dry thoroughly overnight. Clean exterior similarly when needed.
- Weekly Disinfection:** Wipe out interior of the socket weekly with isopropyl alcohol to halt any bacterial growth.
- Any excessive noise or grating during use should be reported to your prosthetist. **Do not adjust screws, hinges, or other parts of your prosthesis yourself!**

****Your prosthetist plays a key role in your life from this point forward. Rely on them as your best source for Answers, guidance and information.**

Patient

Prosthetist