

Amputee Info Sheet

Wear And Use Instructions

A break in period should be utilized after receiving your new prosthesis. During the initial phase use of an assistive device is recommended (cane, walker, crutches) to prepare the limb for full weight bearing. Start with about 50% pressure on the limb.

Use the prosthesis _____ times per hour for _____ minutes at a time. Mainly used at first for walking short distances in the home.

After using the prosthesis check the limb for redness or irritation. If you have any redness that lasts more than 20 minutes or skin irritation that looks like blistering, please stop wearing your prosthesis and contact our office.

Every time you use the prosthesis evaluate the fit for proper sock ply. Small changes in the body can lead to changes in fit of the prosthesis.

The prosthesis should go onto the limb with some resistance, but you never want to force it.

Make sure the limb is all the way into the prosthesis before walking.

If you have ANY QUESTIONS please contact the office or your prosthetist directly.

Your prosthetist: _____

Contact number: _____

Sock Ply Management

- Too many or too few socks can cause damage to the limb.
- Signs of too much sock: prosthesis feels too tall, limb is not fully seated in the prosthesis, pain at the bottom of the limb.
- Signs of too little sock: prosthesis feels too short, pain at the bottom of the limb, pain under the knee cap, prosthesis feels sloppy.
- Wash your socks whenever dirty- generally they do not need to be washed daily.
- You can wear more than one sock at a time, the thicker sock should go under the thinner sock.
- If you are unsure how thick the sock is, check the packaging or call your prosthetist.

Gel Liner And Sleeve Care And Use

- Gel Liner: goes onto the limb before the prosthesis
- Gel Sleeve: goes over the knee to hold the prosthesis on
- Gel Liners need to be washed daily with warm water and non-scented soap and rinsed well. Soap residue can irritate the skin.
- If there are signs of a rash or allergic reaction please contact your prosthetist
- Gel Sleeves can be washed with warm water and soap as needed, but generally do not need to be washed daily.
- Be sure to make skin contact with the sleeve and to check for tears and holes in the sleeve every time the leg goes on. A small hole can decrease suspension and is cause for replacement.