

Prosthesis Care and Use Instructions

A Prosthesis consists of a custom made socket to fit your residual limb. It is made unique to your needs. Your lifestyle, activity level, living environment, goals, vocation, and hobbies are all considered when recommending a prosthetic design. Your prosthesis will enable you to return to many of the activities you enjoyed prior to surgery. Your goals are our guide.

How To Use Your Prosthesis

- Always wear your shrinker or Ace bandage when you are not wearing your prosthesis.
- Your limb may vary in size throughout the day initially, but will mature over time as the tissue becomes accustomed to the new pressures. Apply or remove your socks one ply at a time until a comfortable fit is achieved.
- The prosthetic socks you receive with both your temporary and definitive prostheses are an integral part of proper fit and function. The correct number of socks, correct ply, and washing care of socks can prevent irritations.
- Your Prosthetist will show you how to apply the proper ply of socks. Wool socks are most commonly used as they maintain their shape over time and act as a “wick” in absorbing perspiration. (Refer to the back of this page.)
- Your prosthesis was designed to be worn with a specific shoe heel height. If you switch to a lower or higher heel height, the alignment of the prosthesis is effected and will not be comfortable, making it more difficult to walk.
- Check for any red pressure areas when you remove the prostheses. Any reddened area that does not fade after 10-15 minutes should be watched carefully.
- Do not become discouraged if you feel an adjustment if needed. A minor adjustment might be needed to ensure a good fit. Call your Prosthetist to discuss this.

How to Care for Your Prosthesis

- The inner socket or lining of the prosthesis should be cleaned each day with diluted soapy water and wiped clean.
- In prostheses with a suction valve, force soapy water into and around the area of the valve, rinsing well with warm clean water.
- Be sure to remove all soap residue and allow the socket/liner to dry overnight.
- Make sure the socket is absolutely dry before wearing, since dampness may cause skin to stick, rub, and become irritated.
- Always wash and rinse your socks each night, and lay flat to dry.
- The rigid dressing and prosthetic components should NOT be allowed to get wet. Sponge bathing is recommended if you have problems getting in and out of the shower or bathtub.
- Do not submerge your prosthesis in water.
- Do not leave your prosthesis in extreme temperature conditions (i.e. on a car seat on a very hot day).



Prosthesis Care and Use Instructions (Cont.)

Important Notes

A prosthesis is a very specialized device. It is VERY important to keep all follow-up appointments made by your Prosthetist. Please call and schedule an appointment if any unexpected problems occur.

Prosthetic Sock Information

Sock Size _____

Sock Ply Used at Initial Fitting _____

1-Ply x _____

3-Ply x _____

5-Ply x _____

Wearing Schedule

This outlines a general approach acclimiting to a new prosthesis. Your prosthetist may customize this schedule to best meet your needs.

Week 1 – Wear one hour each morning and evening.

Week 2 – Wear two hours each morning and evening.

Week 3 – Wear four hours each morning and evening.

Week 4 – All day

Special Instructions (if applicable)

