



## Prosthesis Use and Care

You have been fit with an Upper / Lower Extremity Prosthesis. Unless otherwise instructed, please use a gradual break in schedule to allow your body to get used to the prosthesis. Begin wearing the prosthesis one hour this morning and one hour this afternoon. Add an additional wearing- hour or two per day as tolerated until you are able to wear the full day comfortably. After you have worn the prosthesis for the required time, remove and inspect your skin. There may be some skin redness from pressure areas. Redness which persists for more than 15 minutes after removal can be a sign of excessive pressure. If this should happen, or if there are any signs of numbness, tingling, color change, excessive itching, swelling or pain please do not reapply the orthosis and contact our office for an adjustment. Failure to do so may lead to skin irritations and discomfort.

Your limb should be cleaned daily with soap and water. Be sure your limb is thoroughly dry before applying your prosthesis. Do not shave your residual limb or apply lotions or moisturizers as these can cause adverse affects on your limb.

The interior socket of your prosthesis should be cleaned daily. Wipe down the prosthesis with a damp cloth using a mild soap and warm water. Make certain all soap residue is removed as soap residue can cause skin irritation. If you were given specific manufacturer instructions for any part of your prosthesis please be sure to follow the directions closely. Avoid using a hair dryer or placing near a heater to speed up the drying process as this may damage the device.

If you use a silicone type liner or limb socks be sure to change the liners and socks daily, wash with mild soap and warm water and follow the manufacturer guidelines that came with your socks and liners. Be sure the socks and liners are applied correctly with no wrinkles to avoid pressure points on your limb.

If your prosthesis has a valve, clean the base of the valve and the opening into the socket with a soft brush to remove any accumulation of powder or other substance. If your valve does not seem to be functioning properly, please contact your prosthetist so it can be examined.

Your prosthesis was designed for use with a particular shoe heel height. Switching to a shoe with a higher or lower heel can create a range of problems. Try to stay in a similar shoe heel height as the one you were originally fit with.



It is not unusual for the size of your limb to fluctuate especially early in your prosthetic intervention. A shrinker sock may be useful to reduce the swelling and keep your limb size more consistent. If your prosthesis is designed for use with socks, be sure you understand the different sock ply and how and when to adjust the socks for proper fit. Proper fit of the prosthesis is important to reduce sores on your limb.

Any changes in your body weight will alter the fit of your prosthesis. If you gain or lose weight be sure to report this to your Prosthetist so the prosthesis can be adjusted as needed.

Be certain you are comfortable with putting on and taking off your prosthesis and never attempt to modify it or any of its components in any way. Please inspect entire prosthesis daily for any signs of cracking, rough areas, tears, unusual wear or any unusual noises such as clicking, cracking, squeaking, etc. and call our office if you find anything unusual. Also, don't hesitate to call if you have any questions about wearing the device. A yearly check up is recommended.