



# Amputee Residual Limb Health Advice & Tips

Never walk on your prosthesis without a shoe on unless advised

You can change shoes, but be sure that they have the same heel height as the shoes you wore to the fitting.

Wash your residual limb daily with soap and water, then rinse and dry carefully

Do not soak your residual limb as this makes the skin tender. The best time to clean your residual limb is at night, however it must be thoroughly dry before applying the socket. If you perspire excessively during the day, remove your socket and pat residual limb dry - changing socks if needed. Discontinue wearing your prosthesis while waiting for a breakdown or abrasion to heal, and report any problems to your prosthetist or your GP.

Check your residual limb every day

For signs of chafing, pressure points, excess reddening, blisters and cracks in the skin or other skin disorders. A mirror may help you to check your skin, especially at the back. Any signs of damage to your residual limb should be notified to your prosthetist or doctor immediately.

Take care with your residual limb

Do not shave your residual limb or apply lotions or moisturisers, unless instructed by your prosthetist or GP. Avoid oils and talcum powder unless they have been prescribed by a doctor as they may lead to irritation and skin damage.

Noticing an odour?

Have you been regularly washing your residual limb and your prosthesis? Wash your limb with a mild soap without fragrance and rinse and dry well. Your socks should be washed regularly with a mild detergent. Every night, the socket (and/or liner) should be wiped with a soft cloth and mild soap. Your prosthesis should not be submerged in water.

Is your skin reddened?

Does the redness go away within 20 minutes without the prosthesis on? If the redness does not resolve within 20 minutes, reduce the wearing time. If the redness continues, stop wearing the prosthesis and call your prosthetist for an adjustment. It is important to regularly use a hand mirror to check your entire residual limb for any changes before you put your prosthesis on.

Getting yourself back on track

One of the most important things for many people is getting our lives back to the way it was prior to amputation. Obviously some changes will need to be made and you may experience daily challenges, but in most cases these can be overcome in time. Remember, you don't have to go through this experience alone, support is available. Make sure you ask for assistance if you need it, whether it's at the start of your journey, several months later, or years down the line.

Any major changes in your body weight, activity level or lifestyle may affect the function of the prosthesis and your comfort. Examination and care of your residual limb should become part of your daily routine.