



PROFESSIONAL ORTHOTIC & PROSTHETIC SERVICES

919 Westport Place • Manhattan, KS 66502
(785) 320-2320 • brandon@popsks.com

PROSTHETIC USE & CARE INSTRUCTIONS

This guide is intended as a supplement to the verbal instructions provided when you received your new prosthesis. It is intended to address the most frequently asked questions and highlight important aspects of care and use to increase your overall success. If you have any additional questions, please contact our office for assistance.

Daily Wearing Instructions

- Inspect your skin daily while using this device. If you notice any redness or other skin irritation that does not go away within 20 minutes after removing the device, you should contact our office to schedule an appointment. If you are unable to adequately inspect your own skin, you should seek assistance from a family member or other caregiver.
- This device should be cleaned daily. With plastics you may wipe them with a damp cloth, using unscented antibacterial soap as necessary to clean soiled areas. If you use soap, be sure to dry the device thoroughly as residue may cause skin irritation. If your device came with specific manufacturer's instructions, please follow them closely.
- It is essential to clean the residual limb every day after wearing the prosthesis. Use a mild unscented antibacterial soap, rinse thoroughly with clean water, and gently dry with a towel. Don't soak, shave, or apply cream to your limb. Allow it to air dry completely before donning your prosthesis.
- The residual limb can be subject to perspiration as it is enclosed in a socket. This can be a source of odor and bacteria, as well as the culprit behind skin problems. Apply an antiperspirant such as CertainDri as needed.
- Inspect your device daily for any unusual wear, rough areas, cracks, tears, or other damage. These may be a sign of excessive wear or may indicate potential failure of the device, causing an unsafe situation. For any concerns, stop wear and contact our office.

(Please continue instructions on the reverse side.)

- Any unusual noises (clicking, cracking, squeaking, etc.) may be an indication of potential problems or unsafe conditions of your device. If you notice any unusual noises, you should contact our office immediately to have the device inspected.
- It is not unusual for the size of your limb to fluctuate, especially in the early stages. A shrinker sock is useful to reduce swelling and should be worn when you are not wearing your prosthesis. If the size of your limb reduces, it is often necessary to adjust the fit of the prosthesis. The most common technique involves adding or subtracting the number of prosthetic socks.
- **Check-ups at 6 and 12 months are highly recommended to assure the proper fit and function of your prosthesis.**
- We are here to assure that your prosthetic device is fitting and functioning properly for you.

Your Wear Schedule

Week 1: Wear your prosthesis 3x/day for 1 hour

Week 2: Wear your prosthesis 3x/day for 2 hours

Week 3: Wear your prosthesis 3x/day for 3 hours

Week 4: Wear your prosthesis all day

NOTE: DO NOT progress to the longer wearing schedule unless you are able to comfortably tolerate the current wearing schedule.

Warranty

Our warranty provides fitting adjustments at no charge for six months from the date of delivery of a new appliance. Professional Orthotic & Prosthetic Services warrants each device to be free from defective workmanship and/or parts, under normal services and use, for six months from the delivery date. This warranty does not cover non-custom items, accessories (such as straps), or adjustments for anatomical or medical changes.

This warranty becomes void immediately if the device has been altered by anyone other than Professional Orthotics & Prosthetic Services; misuse, negligence, or accident to any of the parts; or if a patient fails to fulfill patient responsibilities. Some components of your prosthesis will have a separate manufacturer's warranty.



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