

Shore Prosthetics & Orthotics LLC

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Prosthesis Follow-up Care and Instructions

New or Replacement Devices:

Once your device is complete, Jon Yanke, CPO will set up a recheck appointment within 14 days to monitor the fit and function of your device. We want to be sure that your device continues to fit appropriately and that it remains in good condition. If we find anatomical changes or changes in your functional ability, we will adjust the device and/or recommend changes to the device.

When you receive your finished prosthesis, you will get verbal and written instructions for the care and use of your device. If you need a refresher, or misplaced your instruction sheet, you can view and print the care and use Instructions that follow. Remember that these are just guidelines—call our office with any additional questions.

Follow-up Care Beyond the Initial Recheck Period:

Beyond the 90-day recheck period, regular follow-up appointments are necessary to identify changes in your anatomy or condition before they cause a problem. If we find anatomical changes or changes in your functional ability, we will adjust the device and/or recommend changes to the device. We recommend that you return at least every six months for follow-up care, or sooner if you notice changes in your weight or activity level. Your clinician will let you know if your device requires more frequent follow-up care or specific maintenance. Some major adjustments or replacements require a doctor's evaluation and prescription. Jon Yanke, CPO will let you know if you need to contact your doctor before your device is adjusted or parts are replaced.

CARE OF PROSTHESIS

General

There are numerous personal care products that can be used to help protect the residual limb. Plain soap and water will keep the skin clean, while fragrance free moisturizers or mineral oil will keep it from drying out.

Perspiration is perhaps the biggest enemy. A fragrance free antiperspirant can be applied directly to the residual limb before donning the sock or liner. Regenerative healing creams can be used at night when the prosthesis is off. It is important to test all products on an area of skin away from the residual limb first to make sure there is not an allergic reaction.

The stump must be washed daily to avoid irritations and infection. Mild soap and warm water are recommended.

The interior of plastic sockets also must be kept clean by washing daily with warm water and a mild soap. Use of detergents should be avoided at all times. Some amputees have found a hair dryer to be useful in drying the stump and preparing the socket for donning.

Prosthetic socks must be applied carefully to avoid wrinkles, and should be replaced daily with newly laundered ones; more often in warm, humid weather. They should be washed in warm water with a mild soap. Manufacturers recommend that socks be rotated on at least a three- or four-day schedule to allow the fibers to retain their original position.

Reductions in the size of the stump can be accommodated by adding one or more prosthetic socks.

Prosthetic socks are woven especially for their intended use and are available in three thicknesses and a variety of sizes.

The thicknesses generally available are designated 3-ply, 5-ply, and 6-ply. With this combination, various thicknesses can be obtained as follows:

One 3-ply = 3 plies

One 5-ply = 5 plies

Two 3-ply = 6 plies;

One 3-ply + one 5-ply = 8 plies

One 6-ply sock can be used instead of two 3-ply socks

When a non-articulating foot is used, there is very little maintenance required for the below-knee prosthesis other than keeping it clean inside and out. Articulated feet generally need to be lubricated at regular intervals.

The heel height of the shoe is a very important factor in the alignment of the prosthesis.

Therefore, when shoes are changed, it is important that the effective heel height be the same as on the shoes used previously. The effective heel height is obtained by subtracting the thickness of the sole (B) from the apparent heel height (A) as shown below.

For the same reason, the heels of the shoes should be replaced frequently so that wear will not result in alignment changes. Also, a badly worn shoe will increase the wear on a prosthetic foot. Prostheses should not be worn without shoes. Not only will the temporary malalignment cause excessive stress on the stump and knee joint, but the wear on the foot will result in permanent malalignment.

Most prostheses are water-resistant but few are waterproof. If the foot becomes wet, the shoe should be removed as soon as possible to facilitate drying.

When the amputee has any doubt about the fit, alignment, or condition of the prosthesis or stump, he should consult with his prosthetist immediately.

Prosthesis Wearing Schedule

It is important to allow your limb to accommodate to your new prosthesis. A gradual increase in your wearing time can make the difference between a comfortable and painful transition.

Here is a guideline for the first 10-15 days of wear:

- 1 hour on, 2 hours off for 3-5 days
- 2 hours on, 2 hours off for 3-5 days
- 2 hours on, 1 hour off for 3-5 days
- full time as tolerated

Most importantly, use common sense!!

Check your skin every time you take off your prosthesis:

- Check your skin with your eyes and your hands (especially if you have altered sensation from a neuropathy, poor circulation, or diabetes).
- If you check it every time, you should never get blisters.
- If your skin is broken, do not wear the prosthesis until it is completely healed.

Does your limb hurt?

- Do not wear the prosthesis if it is painful or if it causes moderate to severe discomfort.
- Remove the prosthesis if it causes pain, and check that it is properly positioned.
- Consider your wearing schedule: did you wear it too long?
- Have you checked your sock ply fit?
- This may change dramatically during the first few weeks of wear, especially if this is your first prosthesis.
- Many prosthetic users also find it necessary to add or change socks throughout the day. This is common.

Is your skin reddened?

- Does it “blanche” (turn white) after you press on it? If it does blanche, continue to progress in your wearing schedule.
- Does the redness go away within 20 minutes without the prosthesis on? If the redness does not resolve
- within 20 minutes, cut down on your wearing schedule. If the redness continues, stop wearing the

- prosthesis and call your prosthetist for an adjustment.

Has your prosthesis developed an odor?

Have you been regularly washing your limb and the prosthesis?

- Wash your limb with a mild soap without fragrance and rinse and dry well.
- Socks should be laundered regularly.
- Every night, the socket (and/or liner) should be wiped with a soft cloth and mild soap.
- Rinse the cloth and wipe out the liner thoroughly to remove all soap residue (or, if using a gel liner
- with specific manufacturer instructions, these should be followed).
- Your prosthesis should *not* be submerged in water.

Lower Limb Prosthesis

Care and Use Instructions

Donning (putting the prosthesis on) and Doffing (taking the prosthesis off):

- Before donning, inspect your limb to make sure there are no areas of redness or abrasion.
- Each time you remove the prosthesis, examine your residual limb for areas of excessive redness, irritation, or swelling. If redness does not go away within 15 to 20 minutes, discontinue the use of the prosthesis and report this immediately to your practitioner.

Maintaining proper fit of prosthetic socket

- The below knee user always wears a sock or liner between the residual limb and the socket. This protective interface is designed to absorb the shock and reduce the friction that naturally occurs with movement. Instead of the socket rubbing directly against the skin, the movement takes place between the socket and sock or liner, away from the skin. This results in greater comfort for the user and keeps the residual limb free of abrasions and skin breakdown. There are many types of socks and liners available today ranging from natural fibers to advanced silicones and gels. Below knee users should ask their prosthetist about appropriate socks or liners, and then try one or two different types to determine which feels right. Some users may wear layers, such as a liner and a sock, or two or three socks with different plys.
- Layering can add more cushion, and it can also control volumetric change in the residual limb. Socks and liners should be washed daily to prevent bacteria from building up and causing irritation, infection or breakdown of the skin.
- Fluctuations in body weight are reflected in the stump where changes in volume result in poor fit, discomfort, and consequently poor performance. A reasonable exercise program and a sensible diet are important factors in the health and well being of everyone, but even more so in the case of amputees.

- Slight reduction in size of the stump can be accommodated by adjustments to the socket, but the prosthetist can do little about expanding the size of a socket and almost any increase in size of the stump means a new prosthesis.
- Fitting affects alignment, alignment affects fitting, and both affect comfort and function

Wear:

- Wean into the prosthesis for the first few days, slowly increasing the number of hours worn each day and decreasing the break time between wearing intervals.
- Remove prosthesis and inspect your limb at each break.
- Do not attempt to use the prosthesis independently until directed by your physician or therapist.
- Never walk on the prosthesis without a shoe on. You can change shoes, but be sure that they have the same heel height as the shoes you wore to the fitting. Different heel heights will cause the prosthesis to feel differently when walking and will change the forces on the limb. If you are unsure if shoes other than those used in the fitting are the same height, call and make an appointment with Jon Yanke, CPO to have them evaluated.

Care of Limb:

- Wash your residual limb daily with soap and water, rinse and dry carefully. Do not soak as this makes the skin tender. The best time to cleanse your residual limb is at night. Your residual limb must be thoroughly dry before applying the socket. If perspiring excessively during the day, remove socket and pat residual limb dry, changing socks if needed.
- Discontinue wearing your prosthesis while waiting for a breakdown or abrasion to heal. Report any problems to your prosthetist or treating physician.

Do not shave your residual limb or apply lotions or moisturizers to your residual limb, unless instructed by your prosthetist or treating physician

Any changes in body weight will alter the fit of the prosthesis. If for some reason you lose or gain weight, report this immediately to your prosthetist or treating physician.

Any changes in activity level will affect the function of the prosthesis. If your activity level changes (for example, you are progressing through your initial gait training with your therapist), contact your prosthetist for a recheck of the alignment of the prosthesis.

Lower Limb Prosthesis Care:

The prosthesis is designed for use in normal conditions and environments. It has not been designed for use in:

- Wet environments
- Activities that will include unusually high impacts
- Chemical environments that may alter the structural integrity of the prosthesis

The Socket:

For optimum function of your prosthesis, daily cleaning of the interior of the socket is required.

Clean with a

sponge or soft cloth and a little mild soap. Use a sponge or cloth flushed with clear water to remove soap residue.

DO NOT IMMERSE IN WATER. Leave to dry thoroughly overnight. Clean the exterior in a similar way when necessary.

Prosthetic Socks:

If you wear socks with your prosthesis, they should be changed daily and washed according to package directions.

The sock must fit snugly, without wrinkles, to avoid pressure points on your residual limb.

Gel Sleeves or Liners:

If you wear a gel liner on your limb, or a gel sleeve to suspend a below knee prosthesis, care should be taken when donning the sleeve or liner not to puncture it with a finger or finger nail.

A sleeve or liner should be washed daily with mild soap. Rinse the gel material well, since soap residue may cause irritation to your limb. Allow the sleeve

or liner to air dry. A suspension sleeve may slide down on the socket over time. Be sure that adequate length is

contacting the thigh when using the sleeve.

Care of Silicone Prosthetics Liners:

Wash limb and prosthetic liner daily with a fragrance-free soap.

Invert the liner so silicone surface is on the outside. Use soap and water on a cotton cloth to wash liner. Rinse off completely.

Set inverted liner on a clean cotton towel to dry. The towel will prevent the liner from picking up material from the table.

Rub inverted liner with rubbing alcohol once per week to clean off any residue.

The outside of the liner can also be cleaned with soap and water when necessary.

Call me with any questions regarding your prosthesis.

Mechanical Parts / Components:

1. A frequent maintenance check-up with Jon Yanke, CPO is essential for maintenance and optimal function.
2. Do not adjust screws, hinges or other parts of your prosthesis yourself.
3. Any unusual noise (clicking, grinding, cracking, etc) during use should be reported. If possible, use of the prosthesis should be stopped until prosthesis is evaluated.
4. Any dust (often black) should be reported

Please do not attempt to repair or alter your prosthesis yourself.