



*Your next step begins with Access*

## LIVING WITH YOUR PROSTHESIS

### **Daily Cleansing**

You must cleanse your residual limb daily, especially after wearing your prosthesis. Using a mild antibacterial soap and warm water, gently wash your limb, rinse it and dry with a clean towel. Do not soak your limb, shave it or apply creams. It is also important to let your residual limb dry completely before donning your prosthesis.

### **Examination**

You should examine the surface of your residual limb for red or tender areas, abrasions or blisters every day. This is especially important if you have diabetes or vascular disease. If you see any signs of skin irritation, be sure to contact us for a consultation and possible adjustment.

### **Socket Care**

Your socket is as much a part of you as is your residual limb. It needs to be cleaned daily with antibacterial soap and water or rubbing alcohol. It is recommended to do this at the end of the day, allowing the socket to dry overnight. If you wipe out the socket with alcohol, also wipe it out with a wet towel; ensuring all residual alcohol is removed. This will help prevent any skin irritation.

### **Swelling and Volume fluctuation**

It is normal for your limb to change shape during the course of the day as you use your prosthesis. Therefore it is imperative that you add or subtract prosthetic socks to account for this changing volume. Usually your limb starts out the largest in the morning and as the day goes on you will need to add a small number of sock ply to maintain a proper fit in the socket. If your prosthesis doesn't utilize socks, please contact us to set up an appointment for an adjustment.

### **Wear the Proper Shoes**

Your prosthesis is specifically designed for your lifestyle, including its design to be worn with certain shoes and a specific heel height. Using a different shoe with a different heel height can cause a number of comfort and safety issues. Please contact us before using a different shoe with another heel height.

### **Perspiration**

Your residual limb is subject to perspiration when it is in the socket of your prosthesis. This can cause odor and skin irritation. To prevent this, keep a supply of prosthetic socks on hand to change more than once a day to get rid of excess perspiration. You may want to ask your physician about an antiperspirant that could help keep your skin dry. If the problem continues, be sure to contact us to discuss options.

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