



Patient Instructions Prosthetics

Proper fit, maintenance, and use are critical to provide desired function of your new prosthesis. The following suggestions will help maximize comfort and performance. Frequent follow-up is required to maintain desired function. The components and supplies have been carefully chosen, assembled, adjusted, and secured according to manufacturers' exact specifications and should never be changed by anyone except a qualified practitioner. Please call as soon as you notice a problem.

Use and Care of New Prosthesis:

- If your prosthesis uses a silicone or gel liner, please see the separate instructions regarding daily hygiene and donning/doffing the liner correctly. This will ensure longevity of the liner and maintain viability of your residual limb.
- Do not wear your prosthesis to bed. Put it on when you get up in the morning and take it off before napping or retiring for the night.
- Be prepared to change the amount and/or ply of your prosthetic socks as the volume of your residual limb changes. This may occur once in a while, once a week or even a number of times in one day. You will need to add or subtract socks as your residual limb swells or contracts.
- You will lose fit in your prosthetic socket as your residual limb changes. This is normal and we will be able to adjust your prosthesis to accommodate these anatomical changes.
- In the event of a hard fall, **CONTACT US IMMEDIATELY** to allow us to inspect your prosthesis for hidden damage and to prevent the possibility of further damage to the prosthesis and most important, injury to you.
- If you are wearing a locking prosthesis – if the lock fails – **DO NOT PANIC!** It may only have a trapped loose tread from your prosthetic sock, which can be remedied. Call the office for an immediate appointment.

Suggested initial wearing schedule:

The first day you wear your prosthesis home, remove it every 1 to 1 ½ HOURS. Look carefully at your residual limb. If there are any red spots which disappear in five to ten minutes, do not worry. Your skin is simply reacting to new pressure and weight bearing spots. If, however, the red area does NOT disappear in five to ten minutes, **PLEASE CALL THE OFFICE**. We will schedule a prompt appointment to relieve this area so that it does not become a blister or sore.