

# **Prosthesis Wearer's Guide**

## **Personal care**

Daily cleansing of your residual limb is an important part of personal hygiene. It is also advisable to wipe the inside of the prosthesis daily with soap and water, and dry thoroughly.

Heel Heights. Your prosthesis was designed for wear with shoes of a specific heel height. Always check with your prosthetist before switching heel heights. Remember that your prosthesis should not be worn without shoes.

## **Your prosthetic socks**

The prosthetic socks you receive with both your temporary and permanent prostheses are an integral part of proper fit and comfort. The right number of socks worn, the varying of ply, and the care of the prosthetic socks can make the difference between wearing the prosthesis properly or developing irritations.

## **Adjusting for a better fit**

As you get accustomed to wearing your prosthesis, you will notice some fluctuation in the volume of your limb. In the case of slight swelling, generally in the morning, decrease your sock ply.

## **Ply changes**

Different ply socks are provided to control volume fluctuations. Since these differences can occur daily, or even from morning to night, it is very important that you know how to master proper fit as your volume changes. by subtracting one thickness at a time. For example, you are wearing a three-ply sock, remove and put on two one ply socks. Continue until you fit into the socket comfortably without the limb feeling loose. It's a good idea to keep several ply with you since you may need to add thickness during the day. To increase number of ply, start by increasing one thickness at a time.

## **Your New Prosthesis**

For best results, start wearing your new prosthesis on a gradually increasing basis. Notify our office at once and discontinue wearing the prosthesis if any redness (pressure

marks) lasts longer than approximately 10 to 15 minutes, particularly during this introductory period, or if you experience pain other than the normal pressure of wearing a prosthesis.