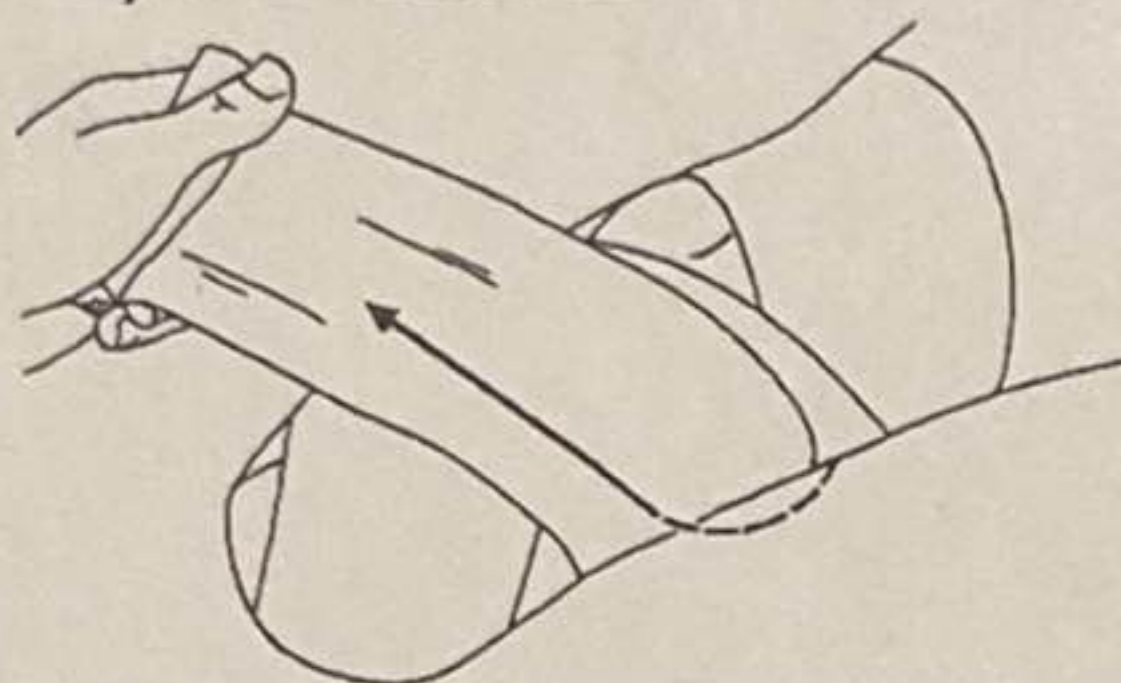


# CARING FOR THE RESIDUAL LIMB

## BANDAGE CHANGING

- Initial post-operative bandages should only be changed by the health care provider.



- Once instructed, you or caregiver can perform subsequent changes. Be careful not to pull off scabbed tissue with bandages. Saline solution can be used to help prevent this. No scabbed tissue should ever be pulled off. This tissue should be allowed to slough off on its own with bathing.

## LIMB BATHING

- The limb should be kept dry until the staples or sutures are removed and physician OK's bathing limb.
- Once approved, use mild soap and lukewarm water.
- Avoid soaking the limb for a long time period (can cause swelling).
- Dry thoroughly, and massage in a modest amount of lotion to dry skin regions. Do not apply lotion within one inch of areas that are draining.

Once the incision line fully closes, your health care professional will instruct you on how to specifically massage the incision line to enhance mobility and strength needed for prosthetic use.

## HEALING PHASE

- Elevate limb to level of heart as much as possible throughout the day.
- Inspect skin regularly, at least daily. Use a good light and a mirror to check all surfaces of the limb.
- Keep limb either ace wrapped, in a rigid dressing, or in a shrinker except when changing bandages or bathing.



### WASH

Residual limb socks, Ace wraps, or shrinkers should be washed at least two/three times per week, daily if exposed to drainage.

- Use mild soap and warm water, rinse well.
- Do not wring, press between towels.
- Dry flat, not in sun or heat that can destroy elastic.
- Be sure items are dry before reapplying.

### CAUTION

Contact your health care professional immediately if:

- The incision line breaks open or begins to drain after closing.
- Cracks, sores, blisters, rashes, or increased redness is found on the limb.