

CARING FOR THE SOUND LIMB

Ninety percent of all amputations are related to systemic disease processes (vascular disease, diabetes, kidney failure, and heart pathology, etc...) that are not eliminated with the amputation.

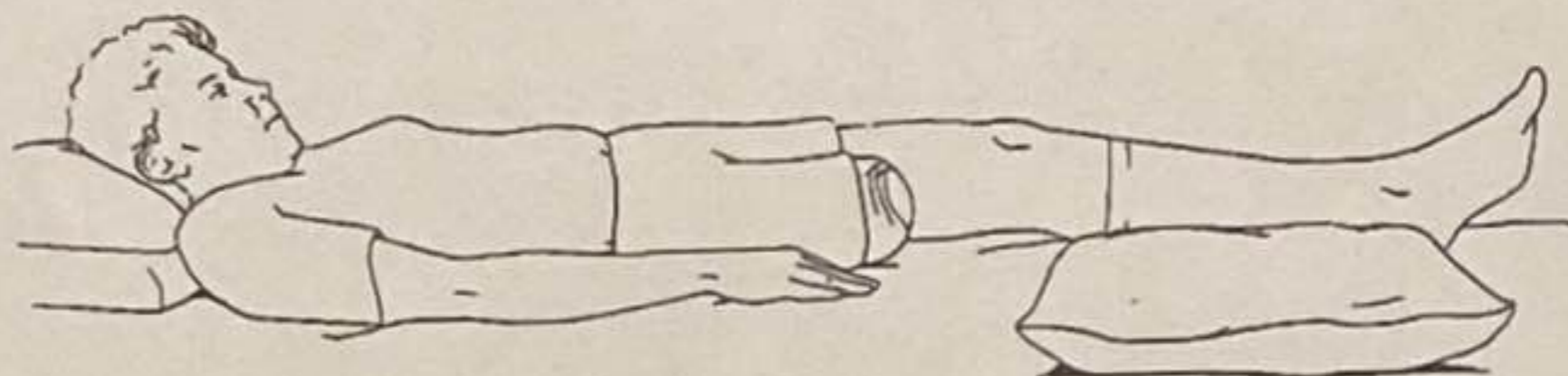
These diseases often cause nerve damage in the lower leg and foot resulting in insensitivity to temperature, pressure and pain.

Special care of the sound foot should be a priority as you might be unaware of damage which is occurring.

SITTING / LYING

- If extended periods are to be spent immobile, place pad under the calf to reduce heel pressure.
- Try not to cross your legs, as limited blood supply can be further compromised.
- Never warm foot within 2-3 feet of a radiator.

- Elevate your leg periodically throughout the day, especially if swelling occurs with activity. Utilize support stockings as prescribed.



SHOES / WALKING

- Wear shoes with a rounded high toe box. Avoid shoes that are tight, have pointed toes, are "thong" or strap sandals, or have rough stitching on the inside. Examine shoes every day for cracks, pebbles, nails and other irregularities which may irritate the skin.
- Utilize healing shoes or supportive orthotics as prescribed to stabilize the foot or relieve areas of increased pressure.

- Avoid long duration walking on hot surfaces such as black tops or sand even when wearing shoes.
- Avoid twisting on foot by proper foot placement when transferring and by hopping when turning instead of rotating the foot.
- Never walk barefoot, even in the home.
- Remember... You may not be able to trust what you feel!

HYGIENE

- Always test warm water with hand before submerging foot.
- Wash and inspect sound foot every day, especially between toes. Dry thoroughly, including between toes. Inspect foot in good light and use a mirror as needed to see the whole foot.
- Have toenails maintained by a properly instructed family member or health care provider.

- Apply lotion daily to dry skin. Use Crisco® if lotion is not available or is not working. However, apply powder between toes to keep them dry and clean. Wear white, cotton socks inside out so that seams are away from skin. Change socks daily.
- Do not pick, scrape, use a razor or "drug store" medication on corns or calluses. Contact your physician for guidance.

