

Occupational Therapy TOOLKIT

Equipment Care - Prosthesis and Socks

Sock Hygiene

Wash all limb covering materials (ace wrap, shrinker, socks) daily in lukewarm water and a mild soap or Woolite.

Gently squeeze the soap through your socks. Do not twist or rub.

Rinse thoroughly.

To dry, roll your socks in a towel to remove excess moisture and then lie on a flat surface or over an empty bleach bottle that has holes poked in it.

Prosthetic Care

Inspect your prosthesis on a regular basis, looking for cracks or rough edges.

Wipe out the prosthetic socket and/or gel liner daily with a damp cloth and a mild soap.

Rinse thoroughly with a clean damp cloth.

Dry the socket thoroughly with a clean towel.

The prosthesis should be placed on its side on the floor when not in use so that it does not fall over and crack.