

ABILITY PROSTHETIC SYSTEMS, INC.

CARE OF YOUR PROSTHESIS

After amputation, the residual limb is highly sensitive and often subject to irritation and injury. It is, therefore, extremely important that you follow these procedures to take care of your residual limb.

- **WASH YOUR RESIDUAL LIMB DAILY.** This should be done in the evening, as the residual limb should always be dry when putting on your prosthesis. Although you may not be wearing a prosthesis yet, this is a good habit to start early.
- **USE A MILD SOAP WHEN WASHING YOUR RESIDUAL LIMB.** After washing your residual limb with a mild soap, rinse it in warm water and pat it dry with a towel.
- **DESENSITIZING.** Several times a day, gently massage your residual limb.
- **ALWAYS WEAR A STUMP SHRINKER OR ACE WRAP ON THE RESIDUAL LIMB.** Whether you should be wearing a stump shrinker or ace wrap is a decision that your physician will make based on the overall condition of the residual limb. Both items, if used correctly, will aid in shaping your residual limb and control or reduce swelling. Always wrap the end of the remnant limb snugger than higher up. In other words, be careful not to create a tourniquet effect with the Ace Bandage. Even after you have been cast and fit with a new prosthesis swelling can still occur. You may need to continue wrapping at night for a period of time after your prosthesis fitting, or wear the stump shrinker. The shrinker can be taken off several times a day for massaging and other desensitizing activities. (See page 10-13 for Above knee and page 7-8 for Below knee).

LOWER AMPUTEES

- **APPLICATION OF PROSTHETIC SOCKS.** Please refer to patient care booklets. See pages 27-28 for Above knee and pages 22-23 for Below knee.
- **PREVENTING MUSCLE CONTRACTURES.** Please refer to patient care booklets. See pages 6-8 for Above knee and page 8 for Below knee. .
- **ICEROSS DERMO LINER CARE.** Please see information booklet that comes with your new liner for cleaning, care, and maintenance information.
 - ◇ Tighten pin by hand every time the prosthesis is put back on the residual limb.
 - ◇ Wipe out your liner with alcohol at least once a week.
 - ◇ Wash liner using a clear detergent such as Ossur Clean & Simple. Never use a soap that leaves behind a residue of deodorant, perfume or anti-bacterial agent. Always rinse the liner very thoroughly. Any soap or detergent residue can cause irritation to the skin.
 - ◇ Wear nothing between skin and liner. Apply your socks on the outside of your liner.

UPPER AMPUTEES

- Common Replacements
 - Average glove replacement is every six to eight weeks.
 - Average cable replfcement is two to three times a year.
- Battery Issues
 - How long do I charge my batteries? Approximately two hours.
 - How long will the charges last? Up to three days.
 - When will I have to replace my battery? Every 12-18 months.
 - What is the longevity of components? Two to seven years approx.
 - What is the warranty for components? Twelve months.
- Liner Care
 - Please see information booklet that comes with your new liner for cleaning, care, and maintenance information.

NEW AMPUTEES

- How long in any given period of time should I wear my prosthesis? .
 - ◇ For the first week wear your prosthesis for approximately an hour, then,remove and look at your skin. If there are no problems, wear again for and hour and re-check. Repeat this for the full first week you wear your prosthesis. This is especially important if you are diabetic.
 - ◇ For the second week wear your prosthesis all day. Check intermittently for any problems. This is especially important if you are diabetic.
- ** If any skin problems are observed report findings to us right away.

FOLLOW-UP VISITS

- For a temporary or preparatory prosthesis we need to see you every two weeks. .
- For a definitive prosthesis we need to see you every 3-6 months.

The comfort and function of your prosthesis depends on the fit of your socket. Unfortunately, the prosthesis doesn't change, you do. Over time your body will change significantly (approx. 3-5 years) so your socket won't fit. If the fit can't be adjusted by thickness of stump socks or if you have pressure spots, please make note of this and schedule an appointment as soon as possible.

THINGS TO REMEMBER

- You need to come and see us if any of the following are noticed.
 1. Discomfort issues
 2. Any noise in prosthesis
 3. Socket loosens
 4. Skin problems
 5. Follow up visits regularly

Don't suffer with an uncomfortable prosthesis. Call us immediately and report any problems.

These basic procedures are designed to increase the overall health of your residual limb and to decrease residual limb discomfort when you first begin wearing a prosthesis. If you have any questions regarding these procedures, please contact us at (801) 328-9728.

I have been provided a copy of these recommendations.

Signature _____ Date _____