



RESIDUAL LIMB CARE GUIDE



advanced COMFORT *advanced* FUNCTION *advanced* LIFESTYLE

CARE FOR YOUR SOCKET



Transtibial Users (BK)

Your socket should be cleaned weekly.

Transfemoral Users (AK)

Your socket should be cleaned daily.

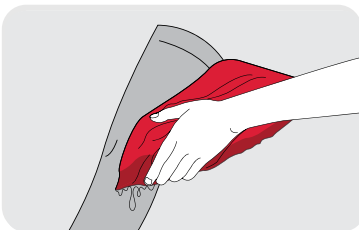
When cleaning your socket, wipe your socket with a damp cloth and a mild detergent and dry it thoroughly before you put it back on. It is not necessary to use an antiseptic to clean your socket.

Tip: Never use Dettol or other solvents to clean your socket or liner.



Wet/Dirty Prosthesis

It's important to clean the components as well as the socket. Tip your prosthesis upside down to empty any water out of the foot shell. Use a shoe horn to lever off the foot shell. Remove, clean and dry the spectra sock (nylon sock between the foot shell and carbon fibre foot). Rinse out and dry the foot shell. Put the spectra sock back over the carbon fibre foot and use a shoe horn to reattach the foot shell.



Cosmetic Cover

If you have a cosmetic cover, it is important to keep this clean as well. A hard cover can generally be cleaned in the same manner as your socket. A soft/foam cover with stockings - you can wash the stockings as you would any hosiery/delicates. Wipe the foam with a slightly damp cloth and allow to dry before re-donning the stockings.

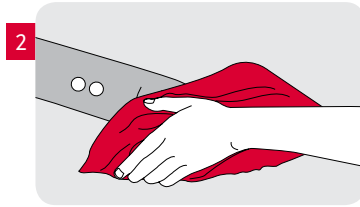
Tip: Remember, keeping your prosthesis clean and drying after getting wet is crucial for maintaining longevity of the components and preventing rust or damage.

CARE FOR YOUR LINER

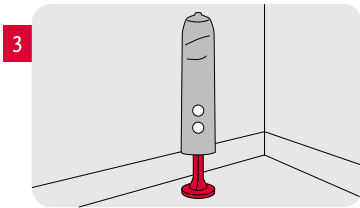
If you have a prosthetic liner you should clean it daily. Never put your liner in a washing machine or clothes dryer, as it may damage or even destroy it.



Use a damp cloth with a mild detergent to wipe it out.



Dry it with a towel and leave it overnight to dry completely.



Leave liner to dry the right way out (silicone/gel on the inside). This ensures no dust or other particles will stick to the inner surface.

Tip: Quick refresh! During a sweaty day you can do a quick refresh by only cleaning the inside of the liner and drying with a chamois or micro fibre towel. Not getting the fabric outer wet means you can get on with the rest of your day with a fresh liner.

Note: Leaving the liner rolled up or inside out can warp the shape and damage the inner surface which can lead to skin abrasions and irritations.

SKIN CARE



1. Wash with a mild soap (pH = less than 7)



2. Moisturise after wash to prevent dryness. Only apply moisturiser in the evening.

Tip: If you are a new amputee or have high volume fluctuations in your limb, it's recommended to shower at night. The heat of the shower and your limb hanging down can make it harder to don your prosthesis in the morning when most users experience their highest volume of the day already. Give it a go!

CARE FOR YOUR SOCKS



If you wear a prosthesis, you may need to wear some socks to protect your skin and/or ensure the prosthesis is fitting firmly.

It is important that any socks you wear are cleaned **daily**.

It is important that you look after your socks and make sure you have enough to wash and wear.

Not washing your socks properly can lead to build up of dirt and other nasties, which may cause skin irritations such as redness, rash, itchiness, bumps, pimples, etc.

Tip: Never wear your shrinker sock with your prosthesis. The shrinker is to be worn to provide compression when you are not wearing your prosthesis. Wearing the shrinker with the prosthesis can cause skin irritation and/or breakdown.

Here are some DO's and DONT'S that help you clean your socks correctly:







✓ DO'S	✗ DONT'S
<ul style="list-style-type: none">• Do squeeze suds gently through the prosthetic socks and rinse with clear warm water.• Do use an approved wool detergent to wash your socks, preferable by hand.• Do roll the socks in a towel to blot out the extra water.• Do hang socks to dry.	<ul style="list-style-type: none">• Do not use hot water as this might cause your socks to shrink.• Do not twist and rub wet socks as this may cause the socks to loose their shape.• Do not wring the socks out.• Do not use a clothes dryer to dry the socks.

Tip: Be careful of wearing too many socks. If you experience blisters, localised swelling and or a purple tinge to the very end of your residual limb, often accompanied by the tissue consistency firming up over time, you may be packing yourself out of your socket. It's important to maintain contact with the end of your limb and the socket to avoid this hyperplasia. If you are wearing more than two thick socks consistently, it's a good idea to check in your prosthetist to assess socket fit.






SKIN CARE TROUBLESHOOTING GUIDE

Recommendations only, if symptoms persist, please make an appointment to see your prosthetist.

ISSUE	CAUSE & SYMPTOMS	PREVENTION & SOLUTIONS
<p>General Rash on limb</p> 	<ul style="list-style-type: none"> • New liner during break in period • Overheated skin and redness • Can sometimes be dry, scaly or itchy 	<ul style="list-style-type: none"> • Wash liner and limb • Apply a skin cream for rashes or lotion when not wearing the liner • Apply Vaseline while wearing the liner
<p>Bacterial Infection</p> 	<ul style="list-style-type: none"> • Bacteria entering broken skin • Overheated skin • Extending red inflammation • Possible pus/fluids at centre. • Can be aggravated by sweating and rub from the socket wall 	<ul style="list-style-type: none"> • Wash liner and limb - • Cover any open wounds or sores • Reduce wear time of prosthesis until healed • Contact GP for treatment
<p>Fungal Infection</p> 	<ul style="list-style-type: none"> • Dermatophytes combined with hot, moist environments • Red patches with a “cloudy” edge appearance • Can be aggravated by sweating and rub from the socket wall 	<ul style="list-style-type: none"> • Clean liner with boiling water • Limit use of prosthesis until healed • Keep skin and liner clean regularly • Dry limb thoroughly with a clean towel prior to donning liner • Contact GP for treatment
<p>Contact Dermatitis</p> 	<ul style="list-style-type: none"> • Irritants or allergies. (eg. reaction to silicone, or soap residue inside liner.) • Global rash with spotty appearance • Can feel warm and itchy 	<ul style="list-style-type: none"> • Wash out liner after cleaning with water at least twice to remove residue. • Use a liner to limit contact of irritant and skin whilst reducing wear time until healed • Contact GP and your prosthetist to discuss known allergies and alternate liner prescriptions
<p>Proximal irritation on the skin at top edge of liner</p> 	<ul style="list-style-type: none"> • Shear forces between skin tissue and edge of liner • Poorly trimmed edge of liner • Redness, itching and circumferential irritation • Potential blistering 	<ul style="list-style-type: none"> • Apply Vaseline to affected area to reduce friction • Fold over top edge of liner to reduce skin irritation • If persistent - see prosthetist for adjustments to liner trim lines
<p>Verrucose Hyperplasia</p> 	<ul style="list-style-type: none"> • Lack of distal contact • Volume/weight gain • Wearing too many socks • Poorly fitting prosthesis • Initial stages appear red, long term purple distal end 	<ul style="list-style-type: none"> • Don liner correctly • Don't wear too many socks. Discuss your volume patterns with your prosthetist. • If persistent - See your prosthetist for adjustments

SKIN CARE TROUBLESHOOTING GUIDE

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ISSUE	CAUSE & SYMPTOMS	PREVENTION & SOLUTIONS
<p>Blisters on the skin at bottom of limb</p> 	<ul style="list-style-type: none"> • Air pocket from improper donning of liner • Liner is possibly too big • Raised bumps on skin filled with liquid 	<ul style="list-style-type: none"> • Apply Vaseline to affected area • Re- don the liner making sure to expel all of the air • If persistent - consult with prosthetist about liner sizing
<p>Patella (knee cap) Inflammation</p> 	<ul style="list-style-type: none"> • Liner tension over the knee when the knee is bent • Red inflammation and tenderness 	<ul style="list-style-type: none"> • Apply Vaseline to reduce friction • Don the liner with knee in bent position • Consult your prosthetist about other liner solutions
<p>Boils/Cysts</p> 	<ul style="list-style-type: none"> • High pressure spots in socket • Ingrown hair follicles • Appears like bumps on skin with some extending red inflammation 	<ul style="list-style-type: none"> • Wash liner and limb • Limit prosthesis use • Consult with prosthetist about relieving pressure points in socket • Possibly consult with a dermatologist • Extreme cases - consider hair removal process
<p>Itching when the liner is removed</p>	<ul style="list-style-type: none"> • Mineral/Salt build up from perspiration 	<ul style="list-style-type: none"> • Wash liner and limb thoroughly • Use anti-itch cream or lotion when not wearing liner
<p>Excessive perspiration</p>	<ul style="list-style-type: none"> • Adapting to a new liner • Hot environments (summertime) • Hyperhidrosis syndrome 	<ul style="list-style-type: none"> • Apply an anti-perspirant such as Drycol or Certain Dri to limb overnight • Do not wash off anti-perspirant before donning liner



If you notice any of the above symptoms, please make an appointment to see your prosthetist. Skin irritation can be caused by a number of reasons, and it is important to get on top of it straight away.

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