

Anderson Orthotics & Prosthetics

Prosthetic Use and Care Instructions

Skin Examination

- ✓ Inspect your skin each night when you take your prosthesis off.
- ✓ A properly fitting prosthesis applies even pressure over the entire surface of the limb, it should not cause any sharp, stabbing pain or create bruises, calluses or blisters.
- ✓ Should any of these conditions occur, contact us and schedule an appointment to adjust the fit of the prosthesis as soon as possible.

Daily Wearing Instructions

- ✓ Wear a clean liner and sock each day.
- ✓ If your prostheses use a silicone liner, put the liner on first (against the skin), then add socks over the liner to obtain an optimal fit. Refer to the sock management handout for more detail about using socks to maintain an optimal fit.
- ✓ Make sure a portion of the sock is not caught on the pin from the liner, as this will cause the locking mechanism to become jammed and you will have difficulty taking the prosthesis off.
- ✓ Make sure you smooth out all wrinkles in the sock prior to putting on the prosthesis.

Hygiene

- ✓ It is important to keep both your prosthesis and yourself as clean as possible.
- ✓ Any skin covered by the prosthesis should be washed daily, be sure to rinse the soap well, as dried soap may irritate the skin. The skin should be completely dry before wearing your prosthesis.
- ✓ Your prosthesis should be cleaned regularly with rubbing alcohol by applying it with a clean washcloth, then dry with a towel. The prosthesis should be completely dry before wearing.
- ✓ If your prosthesis uses a silicone liner, the liner must be washed with soap and water at the end of the day, EVERY DAY. The liner also needs to be cleaned at least once a week with rubbing alcohol to prevent the growth of bacteria on the liner.

Maintenance

- ✓ Inspect your prosthesis daily for unusual wear (rough areas, cracks, tears, etc.) and be aware of unusual noises (clicking, cracking, squeaking, etc.) as these may be an indication of potential problems or unsafe conditions of your prosthesis.
- ✓ If you notice any of these conditions, contact us immediately to have the prosthesis inspected. You may be asked to stop using the device until it can be inspected and the problem corrected.
- ✓ If you experience a change in your body weight, your prosthesis will likely require adjustment or replacement. Contact us and schedule an appointment if your body weight changes.

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If you have ANY problems with your prosthesis, please call us.