

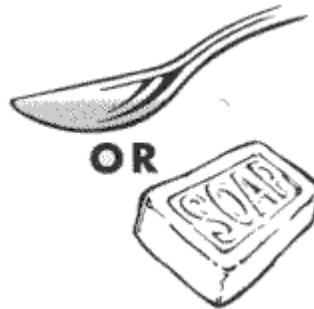
Cleanse The Skin

HERE IS WHAT SHOULD BE DONE EVERY EVENING TO PROTECT THE HEALTH OF THE STUMP SKIN.



Wet skin thoroughly with warm water.

Add one-half teaspoonful of liquid antiseptic cleanser containing hexachlorophene (pHisoHex and Tod'l are two examples), or else use cake soap such as Gamophen or Dial. All these cleansers can be bought in a drug or grocery store.



Work up to a foamy lather. Use more water for more suds.



Rinse with clean water.

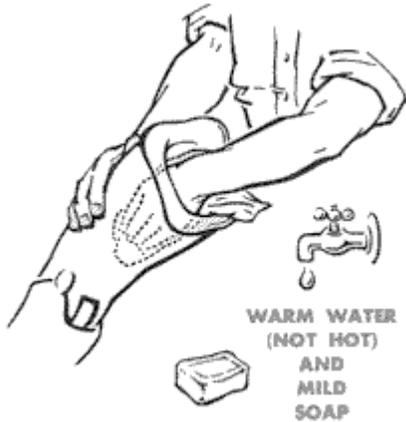
Dry skin thoroughly. Do not let soap dry on the skin. A soapy film left on the skin may be irritating.



Usually the stump cleansing should be done at night. The stump should not be washed in the morning, unless a stump sock is worn. The damp skin may swell and stick to the prosthesis and may be irritated by rubbing.

Cleanse The Socket

THE SOCKET SHOULD BE CLEANSED OFTEN-EVERY DAY IN WARM WEATHER.
THE BEST TIME TO CLEANSE THE SOCKET IS AT NIGHT.



Wash with warm water and mild soap.

Wipe out with cloth dampened in clean warm water.



Dry thoroughly before putting on.

Cleanse The Sock

THE STUMP SOCK SHOULD BE CHANGED EVERY DAY. IT SHOULD BE WASHED AS SOON AS IT IS TAKEN OFF, BEFORE THE PERSPIRATION DRIES IN IT.



Use mild soap and warm never hot-water.

Rinse thoroughly.



If the sock dries with a "dog ear," a rubber ball can be inserted to give it shape

Bandaging

To shrink and shape the stump So that the artificial limb can be fitted, elastic compression bandages, such as Ace bandages, are frequently used. Often bandaging must be continued after discharge from the hospital. The physician and the limb fitter should decide whether this should be done and for how long.

Using a well-fitted prosthesis will help prevent swelling. For this reason, the bandaging may be discontinued after the stump is fitted. Again, the decision when to stop bandaging should be left to the physician or limb fitter.

Elastic bandages are also used to treat the temporary edema that is caused, for example, by standing for too long or by gaining too much weight.

The following pages show methods of bandaging both above-knee and below-knee stumps.

How To Bandage The Above-Knee Stump

THE HELP OF A SECOND PERSON IS OFTEN NEEDED IN BANDAGING THE ABOVE-KNEE STUMP. A GOOD METHOD IS SHOWN IN THE FOLLOWING ILLUSTRATIONS. HOWEVER, SOME PERSONS PREFER TO DO THE BANDAGING ALONE, WHILE SEATED.



Make two or three turns over end of stump with a woven cotton or elastic bandage 4 or 6 inches wide.

Anchor with one or two loose circular turns.



Wrap with spiral turns upward, making sure that



Secure bandage with "figure-of-eight" turns including pelvis and stump. These turns should cross on the outer side of the stump-not in front.

Make at least two turns, and be sure bandage extends full length of stump.



Fasten bandage on side of hip. Bandage should be reapplied if it becomes loose.

How To Bandage The Below-Knee Stump

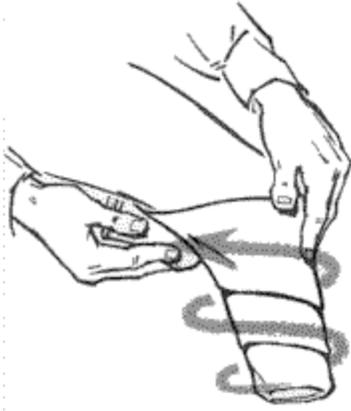


Make one or two turns to cover front, end, and back of stump as shown in illustration. Pull bandage upward so that it presses firmly against end of stump.

Anchor loosely at top with one or two circular turns and continue downward, still loosely, to end of stump.



Wrap with spiral turns from end of stump upward. Be sure to make bandage more snug at end of stump than at any point above.



The bandage may be continued above the knee to prevent slipping, but often this is not necessary.

Anchor bandage loosely, making another turn below knee.



Fasten bandage.

Cleanse The Socket

Here are three general rules if skin disorders develop:

SEE YOUR PHYSICIAN for treatment. A minor disorder may become disabling if incorrect treatment is used.

SEE YOUR PROSTHETIST Adjusting the prosthesis may do away with the cause of the skin disorder.

NEVER use strong disinfectants, such as iodine, on the skin of the stump.

ABRASIONS

The skin is sometimes abraded (rubbed raw) by the socket.

- Gently wash skin with liquid or cake cleanser and warm water. Cover with a mild antiseptic, such as bacitracin ointment and sterile gauze.
- Make sure prosthesis is dry before it is put on.
- If abrasions occur often: **SEE YOUR PROSTHETIST.**
- If an abrasion shows any sign of infection: **SEE YOUR PHYSICIAN.**

BLISTERS

If a blister is small and does not hurt:

- Wash it with antiseptic cleanser and leave it alone. Opening a blister without proper precautions and sterile instruments may cause infection.
- If it is large, painful, and recurs often: **SEE YOUR PHYSICIAN.**

BACTERIAL INFECTIONS

may become serious and should be treated without delay.

HAIR-ROOT INFECTION is a common minor bacterial infection. To treat:

- Clean area daily with liquid antiseptic cleanser.
- Keep dry at other times.
- Allow air to circulate freely over infected area.

BOILS AND ABSCESSSES are two more serious types of bacterial infection.

If they occur: SEE YOUR PHYSICIAN. Until then:

- **Rest as much as possible, with prosthesis off and stump raised.**
- **Apply hot compresses (cloths soaked in hot water) for 30 minutes every 3-4 hours.**

FUNGUS INFECTIONS

are usually not serious but may be annoying.

For prevention or treatment:

- **Follow rules of stump hygiene.**
- **leave area of infection exposed to air as much as possible.**
- **Keep skin dry.**

SWELLING

After amputation, during the healing phase, there is usually some swelling of the stump. This swelling is called edema. later, a badly fitting prosthesis may cause similar swelling.

What can be done to prevent or treat this edema of the stump?

- **The physician and the limb fitter may recommend that outside support should be given to the stump by socks or elastic bandages.**
- **If the prosthesis fits badly, SEE YOUR PROSTHETIST.**
- **Sit or lie for short periods with stump resting on a pillow. This will improve circulation and decrease the swelling.**
- **For the below-knee stump, avoid keeping the knee bent for long periods of time.**

TIPS FOR AMPUTEES

EMERGENCY KIT:

Amputees should keep in mind that things can go wrong, so always be prepared. Keep an amputee emergency kit handy when you are at work, when you travel or are away from home for the day. Things to include are:

- Extra one ply socks
- Lotion
- Spenco for skin irritations
- Allen key to tighten parts of the prosthesis. *Remember:* except for an emergency, you should not make any adjustments to your prosthesis.
- Ace wrap

Bad Weather:

Ice and snow can be difficult to walk on for anyone. If you must go out in bad weather, be extra careful and use shoes with good treads or take along a cone for extra support.

Maintenance:

Prosthesis, like anything else, can wear and break over time. Always check your prosthesis for loose parts, cracks in the socket, etc. Abnormal noises can be an indication that something is not right. Contact your prosthetists or doctor if you think there may be a problem.

Skin:

Skin within the prosthesis needs to be checked daily. Always check your skin after removing the prosthesis, especially if you participate in an activity that is out of the ordinary. Dancing at a wedding; a weekend game of softball, or a long walk on a vacation-these all can add unusual amounts or points of pressure inside your prosthesis and can cause skin breakdown.