



### **Care and Use of New Prosthesis**

Date: \_\_\_\_\_

Patient: \_\_\_\_\_

Type of Prosthesis: \_\_\_\_\_

Prosthetist: \_\_\_\_\_

- The first day that you wear your prosthesis home, remove it every 1 to 1 ½ hours to inspect your limb for redness, blisters, or open areas. If the skin is red when the prosthesis is removed, this redness should disappear or turn pink within 20 minutes. The redness is simply your skin reacting to new pressure areas and weight-bearing spots. If the redness persists, call and explain the problem to us. If a blister is found, do not put the prosthesis back on and call our office for an appointment.
- To prevent skin irritation, we recommend removing your prosthesis when you are sleeping. During this time, you should apply a stump shrinker or limb sock to improve your comfort and to control volume changes. Your prosthesis should always be kept close to you when resting or sleeping to ensure that you reapply it prior to standing. Very few patients actually sleep in their prosthesis however; if your safety or quality of life would be improved by doing so, please inform your prosthetist.
- Your fit within the prosthetic socket will change as your residual limb changes. This is normal during the beginning months of wearing a prosthesis. Adjustments can be made to the prosthesis to accommodate these anatomical changes.
- Be prepared to change the amount and/or the ply of your prosthetic socks as the volume of your residual limb changes. This may occur once in awhile, once a week, or even a number of times in one day. You will need to add or subtract socks as your residual limb swells or shrinks. A good rule of thumb is to add socks until you can no longer put the prosthesis on and then remove one sock. Always have extra socks with you during the day to ensure the fit of the prosthesis is correct.
- The components have been carefully assembled, adjusted and secured according to the manufacturer's specifications and should never be changed by anyone except a qualified practitioner. Please call as soon as you notice a problem so an appointment can be made for an adjustment.

If you have questions or concerns, please contact:

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