



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

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

## Prosthetic Use and Care Guide for New Amputees

- **Initial Wear Schedule**

- On your first day, wear the prosthesis for one hour, 2-3 times throughout the day.
- Each day, increase wear time by 30 minutes until you can wear it full time.
- Inspect your limb regularly using a mirror if needed.
  - i) Red spots that disappear within 5-10 minutes are normal.
  - ii) If any red area does not fade within 10 minutes, call your prosthetist immediately.

- **Do Not Adjust the Prosthesis Yourself**

- Never attempt to adjust, modify, or repair the prosthesis on your own.
- If you hear noises, feel looseness, or experience discomfort, contact your prosthetist immediately.

- **Prosthetic Sock Use**

- It is normal for your limb to change shape or size, especially throughout the day.
- You may need to add prosthetic socks over your liner to maintain a proper fit.
- A proper fit helps prevent skin irritation or breakdown.
- If you're unsure when to add or remove socks, contact your prosthetist for guidance.

- **Liner and Skin Care**

- Clean the inside of your liner after each use using mild antibacterial soap and warm water.
- Dry the liner completely before wearing it again. Never apply a wet liner.
- Wash your limb daily with warm water and soap to maintain healthy skin.

- **Alternate Liners**

- If you have multiple liners, alternate their use daily. This extends their life and improves overall comfort.

(Continued on back.)

- **Important Safety Guidelines**

- Do not wear your prosthesis to bed.
- Do not wear your prosthesis while bathing or swimming – water can damage key components.

- **Locking Mechanism Issues**

- If your prosthesis has a locking mechanism and it fails to release:
  - i) Do not panic. This can happen if a sock thread is caught in the mechanism.
  - ii) Try pulling the prosthesis off with firm pressure while holding the release button.
  - iii) Ask for assistance if needed.
  - iv) If you're still unable to remove it, contact your prosthetist immediately.

- **When in Doubt, Reach Out**

- **If you have any questions, concerns, or unusual symptoms, do not hesitate to contact your prosthetist.** They are there to support you.