

- Ensure regular cleaning of the shrinker sock.



### Prosthetic Sock

- Use a clean prosthetic sock at least daily.
- Wash your socks according to the wash label and allow them to drip dry.
- Do not attempt to tumble dry them.



### Remember

- Don't smoke
- Monitor your weight
- Monitor your health
- Prevent falls
- Diabetic management
- Sweat management
- Volume management

**Act Early**

### Who to contact in case of an issue

- Your GP
- Your Public Health Nurse
- Your Prosthetist

### Contact details:

#### **POLAR Programme**

Prosthetic, Orthotic, Limb Absence Rehabilitation

### Administration:

(01) 235 5262

(01) 235 5263

(01) 235 5438



### National Rehabilitation Hospital

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**National Rehabilitation  
University Hospital**

Ant OspidéalN áisiúnta Athshlánúcháin

## Skin Care for Lower Limb Absence



### How to care for your skin

**Advice for patients,  
families and carers**



The [National Rehabilitation Hospital](http://www.nrh.ie) is accredited by CARF (Commission for accreditation of Rehabilitation Facilities) for a range of services, confirming they meet recognized international standards

## Daily Care of Your Residual Limb

- Check your skin daily for any blisters or broken areas. You may need to use a mirror.
- Wash your residuum at night before going to bed with a mild antibacterial soap and warm water.
- Dry the skin thoroughly.
- Use a gentle moisturiser or emulsifying ointment.
- Do not shave your residuum as you may develop ingrown hairs, which may lead to infection.

## Skin Breakdown

- If you notice rashes or redness on the skin, talk to your healthcare professional or prosthetist for advice.
- If you have cuts, blisters, or broken skin, you may need to stop wearing your prosthesis until you get advice from your healthcare professional.

## Daily Care of Your Remaining Foot



- Wash your foot daily with warm water and gentle soap or emulsifying ointment



- Pat dry
- Do not rub
- Gently dry between your toes



- Apply a gentle moisturiser to the skin
- Do not apply between the toes



- Check your skin for cuts, hard skin, dry skin; use a hand mirror



- Attend a chiropodist or podiatrist to cut and file your nails and check your skin



- Wear a clean, loose fitting cotton sock with no tight elastic



- Always wear shoes that fit well



- Do not walk around barefoot



- Check inside shoes for stones and sharp objects

## Care of Your Prosthesis

**Good hygiene will reduce the risk of irritation to your skin and infection.**

### Prosthesis

- Do not immerse your prosthesis in water.
- If you have any concerns about your prosthesis, talk to your prosthetist.



### Socket

- Wipe the inside of the socket with a damp cloth and allow the socket to dry completely overnight.



### Liner

- Clean at least daily by following the washing instructions.
- Do not attempt to tumble dry.



### Shrinker Sock

- If you have been given a shrinker sock (brown sock) to reduce swelling in your residual limb, use this when you are not wearing your prosthesis.
- Ensure the shrinker sock is the right size. If not, contact your prosthetist for a new one.