Who to contact:

For assistance with:

- ◊ Your prosthetic
- ◊ Volume management
- ◊ Skin issues related to prosthetic usage
- ◊ Prosthetic mobility issues and changes
- ◊ Booking appointments

Contact: The NRH POLAR Outpatient Clinic—Opcare - (01) 235 5438

For assistance with:

- ◊ Your wheelchair
- ◊ Equipment, such as handrails, ramp or bathroom aids
- ◊ Powered Mobility
- ◊ Home and community access

Contact: The Occupational Therapist at your Primary Care Centre.

For assistance with:

- ◊ Walking aids
- ◊ General changes in your mobility

Contact: The Physiotherapist at your Primary Care Centre.

For assistance with:

- ◊ Homecare package review or Homecare package provider
- ◊ Skin issues

Contact: The Public Health Nurse at your Primary Care Centre.

For assistance with:

- ◊ General health and wellness
- ◊ Medications
- ◊ Phantom sensations or pain
- ◊ Psychological or social issues
- ◊ Skin issues

Contact: Your family doctor (GP) - Telephone: _____

For NRH Peer Support: contact the Medical Social Work Service for the POLAR Programme - (01) 235 5290.

NRH
National Rehabilitation University Hospital
An tOspidéal Náisiúnta Athshlánúcháin

Contact List for support after your discharge from the NRH

Your Primary Care Centre is:

_____

Telephone: _____

At your Primary Care Centre, you can contact the:

- **Public Health Nurse (PHN)**
- **Community Occupational Therapist (OT)**
- **Community Physiotherapist**

National Rehabilitation Hospital, Dún Laoghaire, Co. Dublin, A96 RPN4
Telephone (01) 235 5000 | www.nrh.ie

Please note this is **general** information. You may have received specific instructions relevant to you — check the information pack that you received during your admission.

Check Your Skin

Check your skin every day:

- in the morning
- before and after wearing the prosthesis
- if you feel discomfort.

If you see early signs of skin breakdown, such as redness that lasts longer than 30 minutes, non-blanching redness, shiny red areas or blisters, take the following steps:

- Reduce your wear time
- See if you can improve the fit according to the type of prosthesis you are wearing — for instance, you can add or remove socks, change socks combination, or add volume pads
- Contact the NRH POLAR Outpatient Clinic—Opcare if not resolving

If there is actual skin breakdown or on-going irritation:

- Stop wearing the prosthesis
- Contact your Public Health Nurse to review and dress the skin
- Contact the NRH POLAR Outpatient Clinic—Opcare

Volume Management

If the prosthesis feels too loose or too tight, see how you can improve the socket fit — for instance, you can add or remove socks, change socks combination, or add volume pads.

Remember to wear the shrinker sock during the daytime, and **not at night** when you are not wearing your prosthesis.

If the fitting issue is not resolved, contact the NRH POLAR Outpatient Clinic—Opcare on (01) 235 5438.

Prosthetic Hygiene

Prosthesis:
Check that the socket is clean before putting on your prosthesis. If it is dirty, use a damp cloth or an alcohol wipe to clean, including the sleeve. If you have a foam cover, the tights can be removed and replaced with normal tights or socks – ensure you wash them frequently.

Sock:
Wash daily in the washing machine at 50 degrees. Leave it to air dry. Do not tumble dry.

Liner:
Wash every day inside and outside using gentle soap and water, rinse well. Pat dry and place on a stand with the gel side facing in. Wipe with an alcohol wipe once or twice per week.

Pain Management

Always make sure that your prosthesis fits properly, and is not too loose or too tight. If the prosthesis is causing pain and the problem persists, contact the NRH POLAR Outpatient Clinic — Opcare as you may need a review appointment. If the pain is new and not caused by the prosthesis, contact your GP or Public Health Nurse also.

Phantom Sensations and Pain

Some people find tapping or massaging the residuum helpful. Other techniques that may help include medications, relaxation and other therapies you may have tried during your admission. If you have an on-going phantom sensation or pain issue, discuss it with your GP and Prosthetist.

Safety in the Event of a Fall

For minor injuries, it may be safe to get off the floor, but for significant injury, wait on the floor and call for help or an ambulance. Use your pendant alarm, phone or call out. Make yourself comfortable and keep warm. If you have not had a serious injury, move frequently to avoid pressure injuries. Move away from wet areas if possible.

If you are unsure if it is safe to use your prosthesis again, organise a review appointment with your Prosthetist.