

Cleaning sock or gel liner

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

- Wash your sock or gel liner every day with mild, non-coloured, non-fragrant soap. Wash it more often in hot weather or after exercise.
- Rinse very well and squeeze it gently. Don't tumble dry or wring it out. This will damage the elastics of your sock.
- Dry it flat or hang it on the clothes line.
- If you use a gel liner, wipe the inside of your liner on a weekly basis with an alcohol wipe.
- If your sock is sweaty, change it for a clean one. Clean your residuum and the socket to avoid build up of sweat. If you use silicon or urethane liner, pat it dry regularly.
- Refer to the cleaning instructions from the different manufacturers. You **must** confirm the cleaning instruction with your prosthetist.



Volume management

After amputation, your residual limb can swell. A shrinker helps control the size of your residual limb. It is an elastic compression sock. It should be tight but it should not restrict blood flow. Don't let the top of the shrinker roll down, especially on the inside of your thigh.

Clean the shrinker according to the manufacturing instruction. Always use your shrinker as advised by your health professionals.

Monitor the fit of your prosthesis carefully. A small change in the shape or size of your residuum can be managed with cotton sock(s). If there is a larger change, or you experience discomfort or pain while wearing your prosthesis, contact your prosthetist.

Only use the socks provided or recommended by your prosthetist.

If you have below-knee amputation, rest your residual limb on the support when in your wheelchair to avoid swelling.

Care of your residuum

Check the condition of your residuum for any blister or skin breakdown daily. Use a mirror to check the skin of the bottom part of your residuum.

You need to wash your residuum daily or more if you sweat a lot. Use mild or anti-bacterial soap. Rinse well and dry thoroughly before you put the prosthesis on again. Damp skin can cause germs to grow or irritation. It is best to wash the residuum and socket at night before going to bed.



You might have increased sweating in your residuum as you use more energy to carry out activities. Sweat also cannot evaporate when it is in the socket. There are certain ways to control the sweating. Some amputees use roll-on antiperspirants. Talk to your prosthetist about other ways to manage sweat inside the prosthesis.

Your prosthesis can be removed for few minutes a few times during the day. This allows the skin of your residuum to breathe.

Massage your residuum regularly to improve circulation. Scars need to be massaged to reduce adhesions. This is when scars stick to the soft tissue or bone underneath.

You should not shave your residuum as it is at risk of developing ingrown hairs. Do not use talcum powder. It can form clumps and rub between the skin of your residuum and the prosthesis.

Only moisturise your skin if the skin is dry, cracking or peeling. Use a silicone-based moisturiser. If in doubt, check with your nurse or pharmacist.

Before you put on the prosthesis, make sure there is nothing (such as sand or dirt) in the socket of your prosthesis.

Your residuum should be dry and not greasy before putting the liner on. Wet/greasy skin will cause your liner to slide up and down and irritate your skin. If you have a foul smelling odour from your sock and/or residuum, you need to pay more attention to your hygiene and cleaning of your residuum, sock and socket during the day.

Skin Break Down or Blister

If you have skin damage or you are concerned it may occur, you should not use your prosthesis. Ask your prosthetist to review your socket before you use it again.

If blisters or scabs occur, do not pick or puncture them. Tell your healthcare professionals. Avoid plasters as they can irritate your skin inside the prosthesis.

If you have a dressing on your residuum, use the thinnest one possible (or as advised by your doctor or nurse). A bulky dressing can change the fit of socket.

If you experience any skin rash, dermatitis, allergic reaction to the liner, sock or material of the socket, or cyst. Always talk to your doctor and prosthetist for advice.