



SMART
SOUTHEAST SCOTLAND MOBILITY
& REHABILITATION TECHNOLOGY

Prosthetic Limb Service

Lower Limb Provision

Appointment Information

SMART Centre, Astley Ainslie Hospital,
133 Grange Loan, Edinburgh,
EH9 2HL

0131 537 9444

Different Appointment Options

There are many different appointments available to our patients, including: Telephone, Near Me and Face to Face.

The type of appointment will depend on multiple factors and we will always consider patient preference when arranging an appointment. Additionally patients can arrange drop off repairs by contacting SMART Centre. Accessories can be requested by telephone or via the website.

Telephone Review

A Telephone Review can be arranged at patient or Prosthetist request.

You will receive a time that you should expect a telephone call from a named Prosthetist.

This type of appointment can be used to provide advice or arrange the supply of goods.

It can also be used for the planning of future care.

Near Me Review

A Near Me appointment is a video consultation that can be made at patient or Prosthetist request.

You will receive an email with a link to your video consultation.

You will receive a time that you are expected to join a virtual waiting room via the email link.

This type of appointment can be used to provide advice or arrange the supply of goods.

As this is a video call, it allows the Prosthetist to visually inspect your residual limb (stump) and the fit of your prosthesis if you have one.

A Near Me video call can also be used for the planning of future care.

Face to Face Appointment

A Face to Face appointment can be made at patient or Prosthetist request.

You will attend the Prosthetics Department at SMART Centre.

Please note that it is important to attend at your appointment time or you may have to reschedule for another date.

Attending for a Face to Face Appointment

For all appointments please bring a pair of comfortable well-fitting shoes.

We would suggest wearing well-fitting underwear for above knee patients and shorts or trousers that can be easily rolled up for below knee patients. Alternatively a dress or skirt is also suitable.

Due to the nature of prosthetic appointments it is important that you come prepared with any medication that you may require.

It can also be useful to bring a drink or a snack with you.

Assessment Appointment

An Assessment is generally for people that are new to the service.

This type of appointment will be requested via your GP or another member of your healthcare team.

Review Appointment

A Review appointment can be at patient or prosthetist request.

You will be given a review appointment if you are already known to the prosthetics service.

We will review the fit and function of the prosthesis.

We will review the condition of your prosthesis.

We will plan for the next stages of your prosthetic care.

Casting Appointment

If you are ready for a custom socket, your Prosthetist will take measures of your residuum (stump) over the most suitable interface (cotton sock, gel/silicone sock or gel/silicone liner).

Depending on the manufacture method, measurements alone may be used or a plaster cast or a computer scanning system to capture the shape of your residuum. Your prosthetist will make the decision on the most suitable method for you at this current time.

Fitting of Your Prosthesis

The Prosthetist will ask you to try your artificial limb on.

They will then complete a series of checks including, but not limited to:

- a) the height/ length of the prosthesis

- b) the trim lines of the socket
- c) the fit of the socket
- d) any areas of excess pressure

Following checks, you will then be asked to walk between parallel bars to check the overall fit and comfort when walking.

Some adjustments may be required to your alignment (the way the prosthesis is set up).

Some adjustments may be required to your socket to improve comfort.

The Prosthetist can answer any questions you may have regarding the prosthesis.

Never adjust the artificial limb (prosthesis) yourself; any adjustments made to a prosthesis may result in the device becoming unsafe.

There are different types of fitting appointments

Check socket/diagnostic socket fitting – a clear socket to allow the prosthetist to review how your tissues respond to the socket pressures, this type of socket cannot leave the department.

1st fit socket fitting - This is an appointment to fine tune your alignment (the position of the prosthetic knee and or foot in relation to the socket and your body) this type of socket cannot leave the department.

Fit/Delivery - you will be able to take this prosthesis away providing it meets all criteria.

Delivery of Your Prosthesis

This is the day that you are able to take your prosthesis away from the prosthetics department at SMART.

This may be the same day as your fitting, or you may have been required to come back to have your delivery appointment.

Your prosthesis will set up to manufacturer guidelines and for your individual walking pattern.

Once your Prosthetist is satisfied that your prosthesis fits well and you can safely use it, you will be able to take it home.

With any new prosthesis, whether that be a new socket, new foot, new knee or a whole new limb. Your prosthetist will advise you to take it easy for the first few days.

We request that you take it easy to allow your residuum (stump) to get used to the different pressures it may be exposed to and to reduce the risk of skin breakdown and falls.