



**SMART**  
SOUTHEAST SCOTLAND MOBILITY  
& REHABILITATION TECHNOLOGY

# Prosthetic Limb Service

## Looking after yourself and your prosthesis

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## Care of your residual limb

It is important to keep your residual limb (stump) clean when wearing a prosthetic limb.

Small amounts of perspiration (sweat) may build up causing spots or a rash. We recommend that you:

1. Wash your residual limb daily, making sure it is well dried, especially before putting on your prosthesis.
2. Check your residual limb daily for signs of skin break down or rubbing, using a mirror to view hard to see areas.
  - a. If signs of skin break down or rubbing are present, contact your GP in the first instance.
  - b. If you are still concerned, please contact the SMART Centre administration for advice.

**We recommend you stop wearing your limb if any open wounds are present to allow for healing and to prevent further break down.**

3. Massaging your residual limb regularly will help improve circulation, help manage scar tissue, and identify any changes.
4. If the skin on your residual limb becomes dry, apply a gentle non-perfumed cream or lotion after washing. Please speak to your GP, Pharmacist or nurse about this.
5. If your residual limb changes shape, you may need to add socks or have the fit of your socket altered by your Prosthetist.
6. If you have concerns about changes to your residual limb, please arrange an appointment with your GP or Prosthetist.

## Care of the prosthesis

The socket should be wiped out daily using a damp cloth or non-perfumed wipes and allowed to dry.

If the foot or any other part of the artificial limb becomes wet, remove the shoe and sock, and allow to dry naturally.

If chlorinated or salt water has gotten onto the prosthetic device, rinse with fresh water before allowing to dry naturally.

**Never use direct heat to dry the any parts of your prosthesis** (e.g. Radiator).

If the prosthesis becomes noisy or difficult to use, contact the SMART Centre for advice.

**Note:** If there are no problems with the comfort of the socket, drop off or postal repairs may be arranged to the component parts of the prosthesis.

If the socket is loose do not try to pad the socket, instead wear an extra sock. If problems continue, please contact the SMART Centre for advice.

If the socket is still uncomfortable, great care should be taken when using the prosthesis until the necessary adjustments have been made by a Prosthetist.

**We would recommend using the prosthesis only when necessary if this was the case.**

## Care of Interface

Interface refers to what is used between the prosthetic socket and the skin. This can be a cotton sock, a silicon/gel sock or a silicone/gel liner. You may use a combination of interfaces to get the best fit of your prosthesis.

The interface selected is specific to your needs, activities and will be regularly reviewed by your Prosthetist.

### Caring for Cotton Socks

Socks are worn to help protect your skin and make your prosthesis comfortable.

You should change and wash the socks daily or more frequently if required.

Do not darn or mend them when they are worn. A wide variety of socks are available free of charge by contacting the SMART Centre and can be posted out on request.

### Caring for Gel/Silicone Socks and Liners

Gel/Silicone socks are worn directly next to the skin and may increase sweating.

We recommend that you:

- Wipe down the gel /silicone socks daily or more frequently if required
- Ensure socks are fully dry before putting on
- Check for holes or tears – contact the SMART Centre if present
- Contact the SMART Centre to arrange new ones to be collected or sent.

Most liners come with a 6-month manufacturer's warranty **We may request your old liner back.**