

## **Your New Prosthesis**

You've just received your new prosthesis. If this is your first device, you may have some questions as to its care and use. An understanding of the prosthesis will ease many concerns you may have initially.

Your prosthesis was designed in accordance with the highest standards of modern medical technology by a certified prosthetist, an expert trained to fabricate, fit, and maintain your custom-made device. You should arrange a follow-up visit to ensure that everything is functioning properly.

For best results, start wearing your new prosthesis on a gradually increasing basis. Notify your prosthetist at once if any redness indicating pressure marks lasts longer than ten to fifteen minutes, particularly during this introductory period. Should you experience any pain other than the normal pressure of wearing a prosthesis, discontinue wearing the limb and call immediately to schedule an appointment.

## **Personal Care**

Daily cleansing of your residual limb is an important part of personal hygiene. The interior of the plastic sockets must also be kept clean by daily washing with mild soap and water. The use of detergents should be avoided at all times. Some amputees have found a hair dryer to be useful in drying the stump and preparing the socket for donning.

## **Heel Heights**

Your prosthesis was designed for wear with shoes of a specific heel height. Always check with your prosthetist before switching heel heights. Remember that your prosthesis should not be worn without shoes.

### **Thank You**

In conclusion, we would like to thank you for selecting our services. Our team of skilled professionals is dedicated to providing you with the highest level of orthopedic care, and to designing the device best suited to helping you attain the greatest degree of function.

We trust you will be pleased with your new prosthesis. Following these suggestions should avert many problems; but if you have a concern, please notify us at once.

Wear your prosthesis in good health!

**Serving Montgomery County at:**

**8514 N. Main Street  
Dayton, OH 45415  
937/228-0682**

**&**

**7677 Yankee Street, # 210  
Centerville, OH 45459  
937/435-7041**



**Prosthesis  
Wearer's  
Guide**

## Your Prosthetic Socks

The prosthetic socks you receive with both your temporary and permanent prostheses are an integral part of proper fit and comfort. The right number of socks worn, the varying of ply, and the care of the prosthetic socks can make the difference between wearing the prosthesis properly or developing irritations.

Prosthetic socks must be applied carefully to avoid wrinkles, and should be replaced daily with newly laundered ones; more often in warm, humid weather. They should be washed in warm water with a mild soap. Manufacturers recommend that socks be rotated on at least a three- or four-day schedule to allow the fibers to retain their original position.

## Ply

Prosthetic socks come in a variety of materials, sizes and thickness. These include:

**ONE PLY** – Often called “cast socks”, these are the thinnest of the socks, and are usually made of cotton. These socks have a seam at the bottom which should be worn away from the skin.

**THREE PLY** – This sock is made of wool, wool blend or cotton, and is approximately equal to three cast socks in thickness.

**FIVE PLY** – Also made of wool, wool blend or cotton, this sock equals approximately five cast socks in thickness.

## Your Sock Size

When you receive your prosthesis, your prosthetist will inform you of the proper ply you are to wear. If you are allergic to wool, let your prosthetist know. Wool socks are most commonly used as they maintain their shape longer and act as a “wick” in absorbing perspiration and keeping an air cushion between your skin and the sock.

When you first receive your socks, write down the size, length and width for reordering. It is also a good idea to write the ply number on the sock with a waterproof marker. This will help you to keep track of the ply of each sock.

Sock Size \_\_\_\_\_

Wool \_\_\_\_\_ Cotton \_\_\_\_\_ Blend \_\_\_\_\_

Sock Ply at Delivery

# \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

As you get accustomed to wearing your prosthesis, you will notice some fluctuation in the volume of your limb. It may be necessary to decrease or increase the ply of sock throughout the day.

To decrease or increase the number of ply, start by subtracting or adding one thickness at a time. Continue until you fit into the socket comfortably without the limb feeling loose or tight. It's a good idea to keep several ply with you since you may need adjust the fit during the day.

## Ply Changes

Different ply socks are provided to control volume fluctuations. Since these differences can occur daily, or even from morning to night, it is very important that you know how to master proper fit as your volume changes. Below is a guide to ply changes relative to volume gain and loss:

### **VOLUME GAIN**

#### **Possible Causes –**

- ◆ Increase in swelling
- ◆ Overall body weight gain
- ◆ Heat
- ◆ Blood pressure
- ◆ Fluid retention
- ◆ Medication changes
- ◆ Decreased activity Decrease in wearing time of prosthesis and/or shrinker

#### **Potential Problems**

- ◆ Limb feels too tight with sock or socks on
- ◆ Improper fit in socket
- ◆ Pressure resulting in discomfort
- ◆ Pinching
- ◆ Limbs seems longer

#### **Solutions – Ply Change**

- ◆ Decrease sock ply for volume gain

### **VOLUME LOSS**

#### **Possible Causes –**

- ◆ Diuretics (ex. Blood pressure medication)
- ◆ Reduced swelling
- ◆ Cold
- ◆ Increased activity
- ◆ Longer wearing time
- ◆ Overall body weight loss

#### **Potential Problems**

- ◆ Limb feels loose
- ◆ Pistoning (slipping of socket while walking)
- ◆ Greater pressure on bony areas
- ◆ Discomfort
- ◆ Limb seems shorter

#### **Solutions – Ply Change**