

# DANKMEYER

PROSTHETICS & ORTHOTICS

## CARE INSTRUCTIONS FOR YOUR BELOW ELBOW PROSTHESIS

The goal of the break in schedule is to achieve full time wear of your new prosthesis without damage to the skin of your residual limb. In order to do this without skin break down, it is important to increase wearing time in regular incremental amounts.

**IF YOU OVERDO IT, THE RESULTING SKIN DAMAGE WILL SUBSTANTIALLY DELAY THE TIME WHEN YOU WILL BE ABLE TO WEAR YOUR PROSTHESIS!**

### SKIN CHECK

It is important to maintain close observation of your skin. A skin check should be performed each time you remove your prosthesis.

When inspecting your skin, look for reddened areas or marks. There will probably be areas of redness, but they should disappear within 15 – 20 minutes. These areas are a result of pressures placed on your skin by the prosthesis.

If there are any areas that remain red longer than 20 minutes, **DO NOT WEAR YOUR PROSTHESIS FOR THE REST OF THE DAY!** Start again the following day with your last completed wear time. If the redness is just as bad or worse, **DO NOT WEAR YOUR PROSTHESIS UNTIL YOU SEE YOUR PROSTHETIST.** If you have skin breakdown (a blister or abrasion), **DO NOT WEAR YOUR PROSTHESIS.** You should schedule an appointment to see your **Prosthetist.**

### BREAK-IN SCHEDULE

Your Prosthetist will determine a break-in schedule which will be maintained until you are wearing the prosthesis full-time. The amount of time it will take for you to reach a full-time wearing schedule is different for each person. Keeping a close watch on your skin and following your break-in schedule will allow you to quickly adjust to your prosthesis.

MAIN OFFICE: 1-800-879-1245

CUMBERLAND OFFICE: 301-777-7086 • EASTON OFFICE: 410-822-7599 • SINAI OFFICE: 410-5542-6500

Hours of Operation: Monday through Friday, 8:00 am - 4:00 pm

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## GENERAL CARE FOR YOUR PROSTHESIS

1. Always start the day with a clean liner and/or clean socks.
2. Be sure that the socks do not wrinkle when you put them on.
3. Always carry several extra socks with you to accommodate changes in your residual limb that may occur during the day. A few easy access places are: purse, glove compartment, a gym bag or coat pocket.
4. Do not expose your prosthesis to excessive heat (stoves, heaters, fireplace, etc.).
5. Try not to miss your regularly scheduled follow-up appointments.
6. If you feel changes to your prosthesis need to be made, **DO NOT TRY TO ADJUST THE PROSTHESIS YOURSELF. CONTACT YOUR PROSTHETIST WITH ANY CONCERNS.**

## CLEANING YOUR PROSTHESIS

1. The **socket** may be wiped clean with mild soap and water or alcohol.
2. If you wear prosthetic **socks**:
  - Clean your socks daily.
  - You may wash your socks by hand, unless otherwise instructed. Washing by hand reduces the opportunity for your socks to shrink in size. Always use cool water.
  - You should use a mild soap (such as Ivory or Woolite) and socks must be rinsed thoroughly. Any soap residue may cause skin irritation.
  - Lay your socks flat to air dry or on the "Air Only/Cool" setting of the dryer. Never dry your socks in the sun, as it may ruin material.
3. If you wear **gel liners**:
  - Liners should be inverted for cleaning.
  - Wash by hand with mild soap and water.
  - Lay flat to dry or use a drying stand.

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