

DANKMEYER

PROSTHETICS & ORTHOTICS

CARE INSTRUCTIONS FOR YOUR MYOELECTRIC ARM 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 from 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 PROTHESIS.** 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.

GENERAL CARE FOR YOUR PROSTHESIS

1. Always start the day with a clean residual limb.

MAIN OFFICE: 1-800-879-1245

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

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2. Apply lotion on your skin, then pull your limb into the socket. The lotion will reduce friction between the socket and skin, allowing you to easily don your prosthesis. The lotion will also enhance the reception of the muscle contraction with the electrode.
3. You have been provided two batteries and a charger.
 - Keep the charger and batteries in a clean environment, such as the bedroom or home office, and away from moisture, such as the kitchen and bathroom.
 - Alternate your batteries daily. Each battery is labeled with a number or letter to serve as a reminder to which battery was used the day prior. Make a routine of keeping one battery in the prosthesis and one battery in the charger. This routine will allow you to have a fully charged battery at the beginning of your wear time.
 - Batteries should be stored in the charger when the prosthesis is not in use.
 - Batteries may require replacement from time to time. You should be able to complete a full day of activities with a fully charged battery. If you notice your myoelectric prosthesis is “running slow” before the end of your day, contact your prosthetist.
4. Do not expose your prosthesis to excessive heat (stoves, heaters, fireplace, etc.).
5. The prosthesis should be removed when you are in any contact with water (beach, pool, shower, etc.). Any contact between the circuits and water will cause irreparable damage to the prosthesis.
6. Try not to miss your regularly scheduled follow-up appointments.
7. **DO NOT TRY TO ADJUST YOUR PROSTHESIS YOURSELF. CONTACT YOUR PROSTHETIST IF YOU FEEL CHANGES NEED TO BE MADE.**

KEEP YOUR PROSTHESIS CLEAN

1. Your prosthesis should be wiped clean with alcohol daily.
2. Allow the prosthesis to COMPLETELY AIR DRY.
3. Hand wash your pull socks with Woolite or other gentle detergent. Rinse well and air dry. You may wash in the washing machine on the gentle cycle, however, hand washing will provide a longer life to your socks.

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