

DANKMEYER

PROSTHETICS & ORTHOTICS

CARE INSTRUCTIONS FOR YOUR PARTIAL FOOT PROSTHESIS (Ankle Height or Shoe Insert)

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. A "full time" wear schedule is different for each person. Some individuals will wear their prosthesis for 2-3 hours each day, while others will wear their prosthesis 12-14 hours each day.

IF YOU OVERDO IT, THE RESULTING SKIN DAMAGE WILL SUBSTANTIALLY DELARY THE TIME WHEN YOU WILL BE ABOVE TO WALK ON 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 (PARTICULARLY ON YOUR HEEL AND THE INCISION LINE ON THE END OF YOUR FOOT). 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 AND ARE COMPLETELY NORMAL.

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 if a follow-up appointment has not already been scheduled.

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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SOCKS

A sock should always be worn between the skin and the prosthesis. The sock will help protect your skin while wearing your prosthesis. The sock will also keep your prosthesis protected against perspiration and dirt. Many patients are able to use cotton tube socks, found at local department stores. For some patients, they require a prosthetic sock, which is specifically designed for the same of a partial foot amputation. Your prosthetist will recommend which sock is best suited for you.

NO WRINKLES ALLOWED

When putting on your sock, pull snug so that there are no wrinkles. A wrinkle in the sock could cause skin irritation.

RULES OF THUMB

1. Always start the day with clean socks.
2. Be sure that the socks do not wrinkle when you put them on.
3. Do not expose your prosthesis to excessive heat (stoves, heaters, fireplace, etc.).
4. Try not to miss your regularly scheduled follow-up appointments.
5. **DO NOT TRY TO ADJUST YOUR PROSTHESIS YOURSELF. CONTACT YOUR PROSTHETIST IF YOU FEEL CHANGES NEED TO BE MADE.**

KEEP YOUR PROSTHESIS CLEAN AND ODOR FREE

1. The prosthesis should be removed from your shoe and may be wiped clean with mild soap and water as needed.
2. Allow the prosthesis to COMPLETELY AIR DRY before placing it back into the shoe. Using heat may distort the material.
3. The use of an over the counter foot powder or baby powder with corn starch will help control excessive perspiration and odor. Lightly coat your foot with powder, then brush off excess powder prior to putting your sock on.

If you experience any problems or have questions, contact your prosthetist.

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