

DANKMEYER

PROSTHETICS & ORTHOTICS

CARE INSTRUCTIONS FOR YOUR TIBIAL TUBERCLE HEIGHT PARTIAL FOOT 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. 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 DELAY THE TIME WHEN YOU WILL BE ABLE 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

You will maintain your break-in schedule 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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MANAGING YOUR PROSTHETIC SOCKS

It is very important for you to manage your prosthetic socks correctly. More problems are caused by having on the wrong number of socks than for any other reason. You alone are the best manager of your socks. You should not rely on your family or friends to put on the right number of socks for you. Only you can decide if it feels like you are wearing the right number of socks.

ALL ABOUT PLY AND SOCK SIZES

Prosthetic socks are specially designed for wearing with a prosthesis. They are available in many different sizes and are usually fit to an individual by his/her prosthetist. You must wear the right size sock and the right number (ply) of socks.

"Ply" tells you the thickness of a sock. Socks come in three main thicknesses or ply: 1-ply, 3-ply, and 6-ply. A 6-ply is thicker than a 3-ply and a 3-ply is thicker than a 1-ply.

Keep track of your total number of sock ply. For example, a 3-ply and a 6-ply add up to a total of 9-ply. If you know your TOTAL ply, you can combine different ply socks that add up to your total.

For example, to get a total of 6-ply, you can wear:

- Six 1-plys, OR
- Two 3-plys, OR
- One 6-ply.

Your **prosthetist** will assist you in determining the correct number of sock ply you must wear with your prosthesis.

NO WRINKLES ALLOWED

When putting on your socks, you should put on one sock at a time. Pull snug so that there are no wrinkles. A wrinkle in the sock could cause skin irritation.

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ADJUSTING YOUR SOCK PLY

When you start wearing your prosthesis, it is normal for your residual limb to change in size. After wearing your prosthesis, your residual limb may shrink so much that an additional sock ply may be needed. You will need to increase your sock ply to maintain the appropriate fit of your prosthesis.

WHEN TO ADD SOCKS

Since the prosthesis does not shrink along with your residual limb, you must use socks to "fill up" the space left by the shrinkage. There are several warning signs which may remind you that you need to add a ply of sock. Here are a few of the **Warning Signs**:

- When standing with the prosthesis on, the socket may feel "loose" as you may be able to move your limb back and forth in the socket.
- Your limb pistons (moves up and down) inside the prosthesis when walking.

***When you feel any Warning Signs, you should immediately stop what you are doing and put on another ply of sock. Add only one ply of sock at a time.**

WHEN TO SUBTRACT SOCKS

Sometimes your residual limb may swell a little and you may need to wear less ply of socks. Factors that affect swelling include: not wearing your shrinker, gaining weight, dialysis and medication changes. You know you need to remove a ply of sock when you feel one of the following **Warning Signs**:

- If wearing a "clam shell" socket design, you may not be able to close the "back door" of the prosthesis.
- You have difficulty getting your limb into the prosthesis.
- The Velcro closure straps do not fully wrap around your limb.

RULES OF THUMB

1. Always start the day with a clean liner and clean socks.
2. Be sure that the socks do not wrinkle when you put them on.

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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 YOU 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 (especially with corn starch) will assist with excessive perspiration and odor. Lightly coat your foot and calf area with powder and brush off excess prior to putting your sock on.
4. 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 "Air Only/Cool" setting for the dryer. Never dry your socks in the sun, as it may ruin the material
5. Gel liners:
 - Invert the liner for cleaning.
 - Wash by hand with mild soap and water.
 - Lay flat to dry or use a drying stand.
 - Rotate use of gel liners on a daily basis.
6. Orange foam soft insert:
 - Wash the inside of the insert with mild soap and water.
 - Be sure to rinse out thoroughly. Soap residue may irritate your skin.
 - Your soft insert should be AIR DRIED ONLY. Applying heat will deform the material.
 - The soft pink end pad should be cleaned in the exact manner as your soft insert.

If you have further questions or do not understand something, please contact our office.

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