

Contact Numbers

Exeter Mobility Centre
Wonford Road
Exeter, Devon
EX24 4DU

Tel: 01392 403649

Dorset Artificial Limb Centre
Royal Bournemouth Hospital
Castle Lane East
Bournemouth, Dorset
BH7 7DN

Tel: 01202 704364

Occupational Therapy Department
Yeovil District Hospital
Higher Kingston
Yeovil, Somerset
BA21 4AT

Tel: 01935 384215

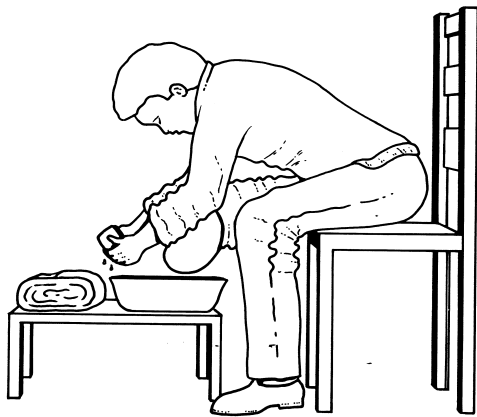
ADVICE FOR AMPUTEES

*Occupational Therapy
Department*

CARING FOR YOUR RESIDUAL LIMB

Cleanliness

- wash your residual limb every day with mild soap and water – it may be helpful to sit on a chair with a bowl to do this (see diagram)
- dry your residual limb thoroughly with a soft towel
- apply clean residual limb socks each day
- avoid using any creams, lotions or oils (unless advised by your doctor)



Skincare

- it is important to monitor the skin condition of your residual limb
- check daily for any signs of redness or blistering - use a mirror for areas you cannot see or ask a carer to assist
- if you notice any marked changes in your skin condition, you should stop using your limb and seek advice from your local limb centre

Swelling

- small changes in the size of your residual limb are normal – if you are concerned about any swelling of your residual limb, seek advice from your local limb centre
- you may be advised to wear a residual limb shrinker sock – individual instruction will be given by your occupational therapist

CARE OF YOUR NON-AFFECTED LEG

It is important that you take good care of your remaining leg.

Skincare

- wash your foot daily and dry thoroughly
- if you have any concerns, such as pain or broken/red skin, please consult your doctor
- toe nails must be cut with care – it is advisable to visit a chiropodist regularly
- avoid excessive heat, ie sitting in front of a fire, hot water bottles, as your sensation may be diminished

Footwear

- avoid tight socks/stockings
- wear clean socks/stockings daily
- wear supportive shoes – avoid strappy sandals