

# Washington Orthotics and Prosthetics

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## Instructions for the New Prosthesis Wearer

Patient Name \_\_\_\_\_ Practitioner \_\_\_\_\_ Date Prosthesis Provided \_\_\_\_\_

### SHOULD I WEAR MY PROSTHESIS WITHOUT SUPERVISION?

- No. For now, do not wear your prosthesis:  
\_\_\_\_\_ Only with supervision  
\_\_\_\_\_ Only when you see your physical therapist

### HOW LONG DO I WEAR MY PROSTHESIS AT FIRST?

- After your Physical Therapist deems you safe with your prosthesis, you are encouraged to wear it:  
\_\_\_\_\_ Part-time: beginning with \_\_\_\_\_ hours per day  
\_\_\_\_\_ Up to tolerance  
\_\_\_\_\_ Full-time
- Increase wearing time:  
\_\_\_\_\_ Additional hour(s) per day until you are wearing it from morning until night

### HOW MUCH WEIGHT SHOULD I PUT ON MY PROSTHESIS?

- Weight bearing:  
\_\_\_\_\_ Limited to \_\_\_\_\_ pounds  
\_\_\_\_\_ Up to tolerance  
\_\_\_\_\_ Full weight bearing encouraged

### HOW MANY SOCKS SHOULD I WEAR?

- Your Prosthesis fit today with \_\_\_\_\_ plies of socks, but the number needed will vary
- Because your limb will *shrink* as much as 10% during the first ½ hour of wearing your prosthesis each day, you should check the fit of your prosthesis about a ½ hour after putting on your prosthesis and add socks as needed.
- Also, note that your limb will continue to get smaller as the days go by due to *atrophy*—in fact, by as much as 25% in the next six months. The results is that, in the first year, you will need to wear more and more socks as the days, weeks and months go by.
- You are encouraged to complete the Prosthesis Wearing Record in order to track the changes that your limb undergoes during the next few weeks.
- Regularly check skin of your limb for redness. Any redness should subside within twenty minutes. If not, you may be wearing an insufficient number of socks. Try wearing a thicker sock. If, upon removal of your prosthesis later, you see redness that again fails to subside within twenty minutes, discontinue wearing prosthesis and contact your prosthetist.
- Stump socks provided to you today:  
\_\_\_\_\_ Single or 2 ply socks, size \_\_\_\_\_  
\_\_\_\_\_ 3-ply, size \_\_\_\_\_  
\_\_\_\_\_ 5-ply, size \_\_\_\_\_  
\_\_\_\_\_ Sheaths, size \_\_\_\_\_  
\_\_\_\_\_ Other, size \_\_\_\_\_
- Instructions for laundering your prosthetic socks can be found on the package.

### HOW DO I CARE FOR MY LINER?

- If you have a gel liner, you must clean your liner daily after use. Turn the liner inside out and clean the interior of the liner with clear, non-fragranced, liquid dish soap. Pat dry the interior of the liner with a clean, dry towel.  
Turn the liner right side out and allow the inside to dry completely. You may hang the liner by the distal pin to dry, or place the liner on a drying stand, or insert a clean dry hand towel inside the liner and lay it on a horizontal surface. You are advised to alternate liners each day. Failure to clean the liner will result in skin problems.

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## WHAT ABOUT WHEN I AM NOT WEARING THE PROSTHESIS?

- When not wearing prosthesis, apply elastic wrap and/or stump shrinker until \_\_\_\_\_.
- Reapply shrinker and/or wrap every \_\_\_\_\_ hours.
- Check skin after removing shrinker and/or wrap.

## MAY I WEAR OTHER SHOES?

- Proper heel height for your prosthesis is \_\_\_\_\_. Do not change to a different heel height.
- Have prosthetist check out any other shoes you would like to wear before using them.

## WHEN WILL THE COSMETIC COVER BE INSTALLED ON MY PROSTHESIS?

- When you have built up your wearing to at least eight hours per day and your prosthetist believes that the alignment of your prosthesis has been optimized—usually two to four weeks from now.
- Your prosthetist will inform you when it is appropriate to have the cosmetic cover installed.

## WHAT ABOUT PHYSICAL THERAPY TRAINING?

- See your Physical Therapist:  
\_\_\_\_\_ As soon as possible.  
\_\_\_\_\_ Consult your doctor for a Physical Therapist prescription
- Be sure to bring in matching shoes, spare prosthetic socks, your prosthetic liner and your prosthesis for your Physical Therapy appointment.
- Your Physical Therapist will monitor your progress as well and may change the program above as time goes on.

The next appointment with WASHINGTON ORTHOTICS & PROSTHETICS is typically about two weeks after you first receive your prosthesis. At that time, your prosthetist will reassess your walking and may make changes to the alignment of your prosthesis. The size of your residual limb will be evaluated then to assist you in determining if you are wearing the appropriate number of prosthetic socks and caring properly for your other prosthetic items. Your next appointment is scheduled for \_\_\_\_\_. Please bring in some of the extra socks that you received today in case they are needed at your appointment.

\_\_\_\_\_ Special instructions to patient or caregiver:

\_\_\_\_\_ Special instructions to Physical Therapist:

Remember, if after removing the prosthesis your skin is reddened longer than 20 minutes or if you have discomfort, call us immediately at (253) 761-9255. During after hours, please leave message.

The above information has been reviewed with my prosthetist.

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Prosthetist's Signature

\_\_\_\_\_  
Date