



ALTERNATIVE PROSTHETIC SERVICES

SPECIALIZING IN CUSTOM AESTHETIC PROSTHETICS

191 Bennett Street, Bridgeport CT 06605

203-367-1212 info@alternativeprosthetics.com

www.alternativeprosthetics.com

CARE SHEET: PROSTHETIC FOOT

DONNING THE APS PROSTHESIS

Put a very small amount of the recommended lotion on the clean, dry residual limb. Spread a light, even coat over the total area to be covered. Slide into the prosthesis using a shoe horn, pushing out all of the air from inside. Do not use your fingers in place of a shoehorn, this will exert too much force in one area and you might damage the prosthesis. Wipe away any excess lotion from the top of the foot with a tissue. Within 5-10 minutes, the lotion will be absorbed into the skin and create a comfortable suction fit. If the prosthesis slides or rotates out of position, too much lotion was applied. In this case, remove the prosthesis, clean the residual limb and repeat the previous steps.

***Note:** Only use the recommended lotion, *Neutrogena Norwegain Formula Fragrance Free Hand Lotion*. It is glycerin based, hypoallergenic and unlike other brands of lotion it does not contain oils which can weaken or discolor the silicone. Do not use Vaseline, petroleum jelly or baby oils! They will be absorbed by the prosthesis and begin to break down the silicone. You may use other products on the rest of your body but be sure to wash your hands thoroughly after applying any other lotions before putting on your prosthesis.

DOFFING THE APS PROSTHESIS

Slide a smooth rounded object down into the prosthesis along the inner ankle and squirt some *Isopropyl Rubbing Alcohol* into the void. Work the alcohol around as the prosthesis is removed. Add more alcohol to the inside of the prosthesis if needed. Do not pull or pinch the edges of the prosthesis while removing it or may damage will occur!

DAILY CARE

The prosthesis must be removed every night to let the skin underneath breathe. Constant wear of the prosthesis for extended periods of time will cause the skin to breakdown and may lead to abrasions or sores. Wearing the prosthesis while there are unhealed cuts or sores on the stump should be avoided, and the prosthesis should only be worn after the cut or sore is completely healed.

After removing the prosthesis, it should be cleaned every night with warm water and soap, then rinsed thoroughly with *Isopropyl Rubbing Alcohol* both inside and out. This will eliminate any lotion residue, absorbed perspiration and odors. Thoroughly cleaning your prosthesis will both sanitize it and help maintain its strength and aesthetic appearance.

WHAT TO AVOID

I. PETROLEUM & OIL PRODUCTS

Contact with petroleum and oil products should be avoided whenever possible. These include cooking oils, cosmetic oils, motor oils, body oils, and certain types of lotion. The oils in these and all oil products will discolor and weaken the silicone over time. Be sure to only use the *Neutrogena Norwegian Formula Lotion* that we provide. Oils may be cleaned off the prosthesis with *Isopropyl Rubbing Alcohol*.

II. LIQUID SOAPS

Liquid soap will act as oil and absorb into the silicone. The oil and fragrance from these soaps will permeate into the silicone and discolor and weaken it over time. The prosthesis may be cleaned with *Isopropyl Rubbing Alcohol* if liquid soaps are used.

III. INKS & DYES

Newspaper ink and any other printing inks will adhere to the prosthesis, but can easily be removed with *Isopropyl Rubbing Alcohol*. Inks and dyes left on the prosthesis for an extended period of time will require a thorough soaking in alcohol.

IV. NAIL POLISH & REMOVERS

All nail polish may be used to paint the prosthetic fingernails, but only *Acetone Free Nail Polish Remover* may be used to remove the nail polish. Any remover containing Acetone will destroy the prosthetic fingernails.

V. DIRECT HEAT

The silicone skin on the prosthesis is heat-cured. This type of silicone rubber is highly heat resistant and will not scorch or melt like a counterpart made from vinyl or latex. The silicone will retain heat absorbed from a source and may cause a burn to the patient if they do not remove the device.

REPAIRS

Your prosthesis is covered by APS for any repairs till it is time for a new device. If any damage occurs to the prosthesis that warrants repair, please contact us immediately. We will repair any damage and advise whether a new prosthesis may be needed depending on age and wear. ***Note** (Do not attempt to repair the prosthesis yourself!)



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WEARING SCHEDULE: PROSTHETIC FOOT

PREFACE

It is important to gradually increase wear of the prosthetic foot in order to acclimate your skin and bone structure to a full contact suction fit. If you prematurely wear the prosthesis longer than the suggested period of time, blisters or skin breakdown can occur. The prosthesis does not "break-in" like a pair of shoes rather your foot needs to acclimate to the prosthesis. Not following these guidelines can result in blisters or abrasions that will need time to heal before the process can be started over again!

GUIDELINE

Day 1 – Properly put on and wear the prosthesis for no more than 15-20 minutes at a time, giving your self at least an hour in between each wearing session.

Day 2 – If the prosthesis does not cause any discomfort you can increase wear time to 30-45 minutes at a time still giving your self at least an hour in between each wearing session.

Days 3-5 – During this period you should be able to wear the prosthesis for 1-2 hours at a time. A rest is still required in between each wearing session.

Days 6-10 – Continue to increase wear time gradually through this period until you are wearing the prosthesis for a 4-8 hour period. Continue to give yourself a rest period in between each wearing session.

Days 11-21 – Increase wear time until you wear the prosthesis all day with little or no discomfort.

Everyone's anatomy is unique after an amputation or from a congenital condition. Depending on bone structure, skin grafts, and remaining range of motion your new prosthesis should improve your gait and allow for an increase in activity. If after or during these guidelines pain or blisters/sores develop STOP wearing your prosthesis and contact your prosthetist or APS immediately!

ADDITIONAL TIPS

An excess of lubrication when putting the prosthesis on can cause a slippery and unstable fit. Remove the prosthesis and excess lubrication and put the prosthesis back on. Use only the minimum amount of lubrication to allow the prosthesis to slide on comfortably.

An alternative lubricant to the *Neutrogena Hand Lotion* supplied by APS is a product called *Dry Lite*. This is an alcohol suspended powder and can be acquired through your prosthetic office. This product leaves a powder residue when dry so additional cleaning is necessary to prevent powder build up on the interior of your prosthesis.

Perspiration can also cause an unstable fit. If perspiration is an issue, you can use an antiperspirant to neutralize the issue. *Certain Dri* is a product sold at most pharmacies and is an effective antiperspirant. Apply to foot prior to applying the lubrication.

Your prosthesis is waterproof and can be worn in pool water and also in fresh and salt water. Be cautious of wet smooth surfaces! The prosthesis becomes slippery when wet and may result in an injury. Always wear a water shoe when in water to protect the prosthesis to minimize this issue.

Silicone can be difficult to get into some shoes depending on the material the shoe is made out of. A sock or a stocking will allow the prosthesis to slide into a shoe much easier.

Sharp objects will damage the prosthesis. Please use caution when walking on course ground. A variety of objects can cut or puncture the silicone. Wearing a shoe over your prosthesis will decrease the chances of any damage happening.