



ALTERNATIVE PROSTHETIC SERVICES

SPECIALIZING IN CUSTOM AESTHETIC PROSTHETICS

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CARE SHEET: PROSTHETIC HAND

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 the prosthesis over the residual limb, pushing out all of the air from inside. Wipe away any excess lotion from the base of the fingers and wrist 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

Gently pinch the rubber along the back of the prosthesis to create a tunnel of air which will break the suction and allow the finger to slide off. Sometimes repeated pinch and pull are necessary to work the prosthesis off. Never pull the prosthesis from the fingertips as this will only increase the suction and could damage the prosthesis.

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!)