

Stump care & Care of Prosthesis

- Proper limb and skin care is essential for an amputee.
- Prosthetic sockets trap sweat and prevent air from circulating around the stump which favors bacteria and fungal infection, skin irritation followed by ulcer formation.
- Clean the stump with warm water everyday
- For new amputee-
 - Positioning of stump
 - Never keep pillow under the joint just above the amputation site
 - Apply crepe bandage during night that relieves stump swelling
 - Don't let the leg hang down on sitting
 - Limb should not rest over handle piece of crutch
 - Regular stretching exercises to keep the stump straight & avoid any deformity
- Skin Care-
 - Mild soap water is sufficient for stump cleaning
 - Make your stump completely dry before wearing prosthesis
 - Any red pressure patch persisting for more than few minutes are signs of a developing stump ulcer
 - Check for any skin breakdown twice a day especially in diabetics amputee.
 - If stump skin is dry, apply some skin softening cream
 - Don't apply alcohol or any unknown chemical cream over the stump ulcer
 - Antiseptics like povidine iodine , bacitracin, mupirocin cream can be applied.
 - If ulcer persists, stop using prosthesis contact to doctor and prosthetist
- Stump Pain-
 - Could be due to painful nerve endings or pain from lost part of the limb(phantom)
 - Phantom pain can be relieved with continuous use of prosthesis, stump exercise
 - Pain from ulcer / infection will control with appropriate treatment
 - Neuroma pain can temporarily relieved with extra padding, prosthetic modification
- Prosthetic care-
 - Clean the stump socks regularly
 - Cleaning of socket & prosthetic foot and shoe
 - Any component damage should be reported to prosthetist .
 - Suspension of the prosthesis should be checked regularly