

# STUMP CARE AND HYGIENE

*(An Information Guide for Patients)*



**Swami Vivekanand National Institute of Rehabilitation  
Training and Research (SVNIRTAR)  
Olatpur, P.O: Bairoi Dist: Cuttack Odisha  
Phone No.- 0671-2805552  
FAX No.- 0671-2805862  
Website:-<http://www.svnirtar.nic.in>.**



पंगु लंघयते गिरिः

For any concerns related to Prosthetic fitting, please feel free to contact:

1. Mr. Srikanta Maharana, Mob: 9238579068
2. Mr. Niranjana Ojha, Mob: 9437178505
3. Mr. Debraj Sahoo, Mob: 9937962248
4. Mr. B. Janarthanan, Mob: 9437922170
5. Mr. Rajesh Kumar Mohanty, Mob: 9040400795

This general information sheet has been written to give you advice about how to take special care of your stump (residual limb).

### **The Stump**

- It is important to keep your stump clean. Wash your stump as often as required but at least daily preferably in lukewarm water and antibacterial soap.
- Dry your stump well after washing, especially before putting on your artificial limb (Prosthesis).
- Apply non-medicated talcum powder, such as baby talcum powder which is an effective way to help reduce perspiration around the stump.
- Every time you remove your artificial limb, carefully inspect your stump to check that there are any rubbed or sore areas. If necessary, use a mirror to check the areas you cannot see. If you have any difficulty, ask someone to help you check.
- If you do discover a sore area, clean it carefully and apply a simple dry dressing and contact your Prosthetist. Try to avoid wearing your artificial limb during this time as it may make the sore worse.
- If you find that the skin on the stump is very dry, apply a cream or lotion, such as Vaseline™ at night.
- Sweating is common and is normal. However, if this is causing a problem, talk to your Prosthetist.

### **The Socks**

- Change the stump sock every day.
- Clean stump socks every day with mild soap and warm water and rinse thoroughly.
- Make sure that there are no wrinkles or creases in the socks during putting on Prosthesis.

### **The Socket**

- Those who use a prosthetic limb should also clean the socket regularly with soap and warm water to cut down the accumulation of dried perspiration on the inner surface.
- Wipe out with a cloth dampened in clean water.
- Dry thoroughly before putting on.

For each of these problems your first port of call should be your Prosthetist. Not only can he help you pinpoint the cause of the problem but in most cases he will be able to provide some relief while arranging further treatment.