



PROSTHETIC PLAN OF ACTION

Shrinking Down

You will use a stump shrinker sock and/or ace bandages until your residual limb (stump) volume stabilizes. This usually takes 2 to 4 weeks following surgery. Once your volume is stable, an impression (cast) of your residual limb is taken. This cast is an exact replica of your residual limb, and serves as the model from which your prosthesis will be made. Once the casting is completed, you will be given a return appointment for the check socket fitting. This cast is later filled with plaster, modified, and a diagnostic (check) socket is fabricated.

Check Socket

The check socket is usually completed a week after the cast is taken. At the check socket fitting appointment you will try on the diagnostic socket for us to evaluate the fit of the socket, and note any pressure points or areas of discomfort. If time allows, we will 'walk & align' the diagnostic prosthesis, and make any necessary adjustments. Once all adjustments have been made and the prosthesis is 'dynamically' (weigh bearing) aligned, the testing stage is complete and the definitive (final) prosthesis is ready to be fabricated.

Note: In some instances an additional appointment(s) may be necessary, depending on the number of adjustments required or a change in your condition. Your prosthetist will inform you if this is necessary. Failure to comply with the instructions & guidelines provided by your prosthetist, therapist and physician will delay your care.

Delivery of Finished Prosthesis

The definitive (final) prosthesis will be ready to be fitted approximately 1-3 weeks following the final check socket fitting. This delivery appointment is the final fitting appointment, and only minor adjustments can be made. You will be given a follow-up appointment to return in two weeks to evaluate the fit and performance of the prosthesis. You will receive final instructions and precautions concerning the care and use of your new prosthesis. Since this is a new prosthesis, it will take some time to become acclimated to it. It may be uncomfortable at first, but please wear the prosthesis each day as long as you can comfortably wear it. This will help you to adjust to the fit, and help to control any volume changes.

Follow ups

After the delivery of your prosthesis, you will have a follow-up appointment at the following intervals:

- ✚ 2 weeks post delivery
- ✚ 6 weeks post delivery
- ✚ 6 months post delivery

WEAR YOUR SHRINKER SOCK 24 HOURS A DAY, IF POSSIBLE. TAKE IT OFF ONLY WHEN YOU ARE BATHING/CHANGING THE DRESSING.

FOR ABOVE KNEE (AK) AMPUTEES: THE SHRINKER SHOULD BE WORN ALL THE WAY UP TO THE GROIN. IF NOT, THE PART OF THE RESIDUAL LIMB NOT CONTAINED WITHIN THE SHRINKER SOCK WILL SWELL UP, WHILE THE REMAINDER SHRINKS DOWN.

FOR BELOW KNEE (BK) AMPUTEES: THE SHRINKER SOCK SHOULD BE WORN PAST THE KNEE JOINT.

CARE INSTRUCTIONS

- ✚ MACHINE-WASH YOUR SHRINKER SOCK FREQUENTLY USING THE GENTLE OR DELICATE CYCLE. THIS WILL HELP THE FABRIC MAINTAIN ITS SHAPE.
- ✚ RINSE WELL IF YOU WASH BY HAND. DO NOT WRING OUT THE SHRINKER SOCK AS THIS WILL DESTROY THE COMPRESSION OF THE SHRINKER SOCK.
- ✚ ONLY USE A MILD DETERGENT OR SOAP IN WARM WATER.

CALL YOUR PROSTHETIST OR PHYSICIAN IMMEDIATELY IF THERE IS REDNESS OR PAIN