

Skin management and general care advice for prosthetic users

Information for patients



To ensure you stay comfortable and safe when using a prosthesis we have compiled a list of general care advice and how to look after your stump and prosthesis.

Caring for your limb

- Wash your residual limb daily with non-perfumed soap and water, rinse and dry carefully. If your skin becomes irritated you may want to try an anti-bacterial wash, which you can purchase from the pharmacy or supermarket.

We do not advise using wet wipes but if however you use them, you will still need to wash your stump daily with non-perfumed soap, wet wipes do not remove all of the dirty skin cells from your body.

- Do not soak your stump this may make the skin tender.
- The best time to cleanse your stump is at night. It must be thoroughly dry before applying your socket. This is so the skin can dry out properly before you apply your socket.
- We recommend you moisturise your stump every night. Use a non-perfumed cream or lotion, such as E45 or similar product. This is so your stump does not get dry and remains supple.
- **Do not** Use oils or talcum powder, as this can irritate your stump, unless they have been prescribed by a doctor.

Sweating and perspiring

- If perspiring excessively during the day, remove your socket and pat your residuum dry, changing socks if needed. Specialist anti-perspirant products are available.

Please check with your prosthetist first in case they are not to be used with your type of liner.

Products recommended for excessive sweating are ODABAN, Anhydrole Forte or Driclor. These products come in either a spray or roll on applicator. These can be purchased at the pharmacy.

Apply a thin layer onto the residual limb in the evening and wash off in the morning, use once per day:

- Do not apply to broken or irritated skin.
- If irritation occurs, stop using immediately.
- Some products can stain coloured clothing.

Check your limb

- Check your residual limb daily for sign of chafing, pressure points, excess redness, blisters or cracks in the skin or any other skin disorders. A mirror will help you to check the skin, especially at the back.
- Discontinue wearing your prosthesis while you are waiting for a sore or wound to heal where possible, unless advised by your doctor.

Contact The Specialist Rehabilitation Service Centre if you are concerned.

- It is best not to shave your residuum as this can cause irritation within the socket and can lead to folliculitis.

What is Folliculitis?

Folliculitis is the inflammation of the hair follicles in the skin. It usually appears as red pimples on the skin and can be itchy and painful.

Treatment of folliculitis

Antimicrobial cleanser can be bought from your pharmacy or supermarket. If this does not help seek help from your prosthetic centre or GP, in some extreme cases you may need antibiotics. It is important when using an antimicrobial cleanser, for example Hibiscrub, to apply skin moisturiser after use, as Hibiscrub can dry out the skin.

Changes which may affect your limb

- Any major changes in body weight may alter the fit of your prosthesis.
- Any major changes in activity level or lifestyle may affect the function of your prosthesis.
- If using an interface liner, make sure this is cleaned daily with a fragrance free soap, rinse thoroughly and completely dry before it is worn again. It is best to do this overnight; this will give the liner plenty of time to dry.

Please check manufacturers' recommendations.

If using stump socks, change these daily or more often if required. Remember to pull up your stump socks so there are no creases- creases can cause rubbing in your socket.

- Do not wear dirty or soiled socks, worn or holed socks.
- Do not patch or mend socks as this can cause rubbing in the socket.
- Do not modify your socket in any way.
- Do not loosen any screws or bolts as this may be dangerous.
- Do not use any oil, lubricant or talc on any working part of your prosthesis.
- Do not try to repair it yourself!

If you notice your prosthesis becoming noisy, difficult to use or ill-fitting, please contact the Rehabilitation Centre.

Further patient information is available in main reception or from the nurse.

- Eating well for wound healing and preventing skin breakdown.

Contact us

Specialist Rehabilitation Services Centre

- Seacroft Hospital, York Road, Leeds LS14 6UH
- Telephone: **0113 206 3866**





What did you think of your care?

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