**ALLEN ORTHOTICS AND PROSTHETICS**

**2502 West Ohio Avenue**  **1921 E. 37th Street, Suite A**

**Midland, Texas Odessa, Texas**

**432-683-3788 432-332-9821**

**BELOW THE KNEE (Transtibial) PROSTHESIS**

**USE AND CARE**

**Function:**

A Transtibial prosthesis is an artificial substitute to replace an amputated lower extremity. The prosthesis can be used for transfers and ambulating.

**Use:**

See application instructions.

**Care/Maintenance:**

Proper Footwear:

1. Shoes should not irritate or constrict the sound foot. Shoes should provide proper support, comfort, and fit. Choose the appropriate heel height for your specific prosthetic foot.

2. Avoid shoes with high or narrow heels, stiff soles, leather soles, or hard heels.

3. Oxford or athletic shoes with laces or Velcro straps are appropriate for a prosthesis.

4. Always choose shoes with the same heel height as the first pair that were used with your prosthesis. Your prosthetist can sometimes make modifications to shoes with different heel heights.

5. Do not wear prosthesis without shoes, this can result in permanent damage.

**Hygiene and Inspection:**

1. Inspect the front, back, bottom and sides of your residual limb before and after wearing prosthesis.

2. Use a magnifying mirror, or ask for help when inspecting the limb.

3. Look for abrasions, blisters, and infections, swelling or prolonged redness. Contact your prosthetist for further recommendations.

4. Don’t forget, inspection of your sound limb is equally important.

5. Use lotions and creams sparingly if dry skin is present. Apply lotion at night and avoid coco butter. Do not apply lotion in the morning or just before using the prosthesis.

**Cleaning Your Residual Limb:**

1. Bathe or shower to clean your residual limb daily, preferably during the evening to allow adequate drying time and to allow for the application of skin moisturizer. Each time you bathe or shower, use lukewarm water because hot water dries out the skin. Try to limit your time to fifteen minutes or less in the bath or shower. Bathing should be done no more than once a day. If you bathe too frequently you will remove the natural oils from the skin causing dryness.

2. You should avoid using harsh soaps that dry the skin. Recommended soaps are Dove, Olay and Basis. Even better than soap are skin cleansers such as Cetaphil Skin Cleanser, CeraVe Hydrating Cleanser and Aquanil Cleanser. You should avoid vigorous use of a washcloth in cleansing. Deodorant soaps are often very harsh and drying. If you need to use deodorant soap, use it on other body parts but not on your residual limb.

3. You should rinse thoroughly to remove all soap residues.

4. When toweling dry, take care not to rub the skin. Gently blot or pat dry so there is still some moisture left on the skin.

5. Next, it is recommended that you apply a moisturizing cream (not lotion) to the skin. The best time to do this is immediately after a bath or shower so that the moisturizer holds in the moisture from the shower. Choose either Cetaphil, Moisturel, CeraVe or Eucerin Cream. If you have severely dry skin, you may apply an oil to the still moist skin such as Neutrogena Light Sesame Oil, Hermal Body Oil, Alpha-Keri Oil or Robathol, then apply a moisturizing cream.

6. It is recommended that you do not wear your prosthesis when skin is damp or immediately after applying skin moisturizers. Damp skin may swell, stick to the prosthesis or become irritated from rubbing. Some lotions, creams, ointments, etc., may damage gel liners. For this reason, it is best to apply moisturizers when you have finished using your prosthesis, after you have showered or bathed. It is highly recommended that you wait overnight (or at least several hours) before donning your prosthesis if lotions, creams, ointments, etc., have been applied to the residual limb.

7. It is recommended that you apply a prosthetic shrinker when not wearing your prosthesis.

**Cleaning the Socket:**

1. Clean the inside of the socket/insert daily preferably in the evening to allow adequate drying time.

2. Use a warm damp washcloth and mild soap to thoroughly clean the inside of the socket/insert to remove buildup of perspiration, bacteria and debris. Dry with clean towel.

3. OPTIONAL – disinfecting wipes, alcohol, astringent such as “Sea Breeze”® can be substituted for soap and water when cleaning sockets and inserts.

4. Wipe your prosthetic skin with a damp cloth and mild cleaner as needed.

**Maintenance of Your Prosthesis:**

1. Most prosthetic devices require little maintenance other than keeping them clean. Service for feet, ankles, or locking mechanisms should be provided at your prosthetic facility.

2. Most prostheses are not waterproof. If prosthesis becomes wet remove the shoe and cosmetic nylons to facilitate drying.

•Wash anything that makes skin contact (liners, socks, the inside of the socket, etc.) every day with mild soap and water and allow plenty of time to dry. Follow manufacturers' instructions for care of liners. Unless specifically instructed, do not use anything containing alcohol or unknown chemicals.

**Follow-Up Visits:**

1. Follow-up visits will be necessary for all new prosthesis users and newly fitted prostheses. Return for a follow-up within the first four weeks.

2. Do not hesitate to contact our office should adjustments be needed. Do not attempt adjustments or repairs by yourself.

3. Any adjustments, alterations, modifications or repairs made by anyone other than Allen Orthotics and Prosthetics Inc. will void all warranties.

**Warranty Information:**

1. Allen Orthotics and Prosthetics will warranty our construction and fit of the prosthesis for 90 days, notwithstanding any change in the patient’s condition.

2. Manufacturer’s warranties on componentry vary. Contact our office should you have questions about a specific manufacturer’s warranty.

3. See Allen Orthotics & Prosthetics warranty policy for further information.

**Precautions:**

1. Check with your Therapist before ambulating independently.

2. Do not use the prosthesis without a shoe.

3. Always remember that before you apply your prosthesis, you should check for any foreign objects that may have fallen inside the socket while you were not wearing the prosthesis.

4. Make sure you sock thickness is correct at all times. After you have worn the prosthesis, check your skin for redness over boney areas. If any problems arise, such as excessive pressure, redness, or skin breakdown, discontinue use and contact this office for an adjustment appointment.

5. Caution should be taken when walking with the prosthesis. The prosthesis can cause you to fall resulting in injury or death.

6. You should be evaluated by the Texas Department of Motor Vehicles to determine your ability to drive with a prosthesis. Driving with a prosthesis can be dangerous, the prosthesis can slip off causing loss of control of the vehicle resulting in injury or death. Contact our office immediately if you experience any of the following problems:

1. Noises or clicking when walking (this could indicate a loose or broken component).

2. Blisters or abrasions on your residual limb.

3. If you have any doubts about fit, alignment or condition of your prosthesis or residual limb.

**Progressive Wearing Schedule for first prosthesis:**

1. Wear time - First day= 1 hour. Add 30 minutes to 1 hour each day to build up to full time wear within two weeks (this is wear time, not time spent walking or standing).

2. Weight bearing - should begin at 50% and gradually increase to full weight bearing within two weeks. Frequently inspect residual limb during first week of wear. This schedule should be followed as tolerated, some individuals will progress at a slower pace than this recommended wear schedule.

**Progressive Wearing Schedule for replacement prosthesis:**

1. Wear time – As Tolerated.

2. Weight bearing - As Tolerated.

\* Your heel height is \_\_\_\_\_\_\_.

\* The maximum weight limit is \_\_\_\_\_\_\_.

Report failures, malfunctions or changes in your physical condition to us as soon as possible.