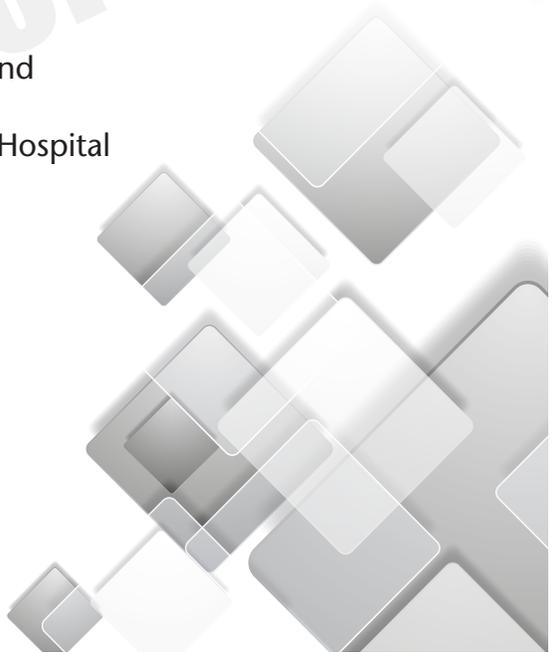


Care and Maintenance of Your Prosthesis

WestMARC

West of Scotland Mobility and
Rehabilitation Centre
Queen Elizabeth University Hospital
1345 Govan Road
Glasgow
G51 4TF

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Introduction

This leaflet gives you information on the care and maintenance of your prosthesis and instructions as to what to do if you have a problem. It is important that you look after your prosthesis and use it as it is intended.

Please be aware your prosthesis has been provided by the NHS for your use and should not be adjusted or modified in any way. Your prosthesis remains property of the NHS and therefore, if adjustments are required, they should only be carried out by qualified NHS Prosthetic staff.

Care and Maintenance of Your Prosthesis

Your prosthesis is usually made from several component parts joined together, sometimes covered with a foam and nylon stockings. The socket is the part in direct contact with your skin and it is important that you keep it clean. You should regularly clean the inside of the socket with a soapy cloth, then rinse and dry.

If you have a:

- foam inner liner you should regularly clean the inside of the socket with a soapy cloth, then rinse and dry.
- a silicone or gel liner you should turn it inside out, wash it, dry it and then turn it the right way out for storage (please see leaflet Caring For Your Liner).
- If your limb is covered with cosmetic stockings, you can remove these and wash as normal.

You should use mild soaps or cleansers as some people may have a skin reaction to perfumed products.

You should check your prosthesis regularly and contact your limb fitting centre if:

- there are any loose or damaged parts
- any unexpected noises during use
- if you feel your prosthesis is loose and likely to fall off
- if you require replacement accessories
- if your weight increases or decreases significantly

Accessories

We will supply you with accessories if you need them for example, stump socks, cosmetic stockings, suspension sleeves or belts. Please look after these accessories and keep them clean.

You should wash your stump socks in the same way as your underwear and change them every day.

Repair, reviews and Appointments

If your prosthesis needs repaired or reviewed please contact your limb fitting centre as soon as possible, providing details of the problem. This will allow us to order any parts, if needed, before you attend for repair or review and minimise your inconvenience.

Contact Details

WestMARC

Opening Times: Monday to Friday 8.30am to 4.30pm

Telephone: 0300 790 0129

(Monday to Friday: 8.45am to 4.15pm).

An answerphone is available if the phone lines are busy.

Website:

www.nhsggc.org.uk/your-health/health-services/westmarc

Email: westmarc@ggc.scot.nhs.uk

Ayr Hospital (Satellite of WestMARC)

University Hospital Ayr

Physiotherapy Department

Dalmellington Rd

Ayr

KA6 6DX

Telephone: 01292 610 555 for physiotherapy advice or stump socks

(use Westmarc number 0300 790 0129 for clinic appointments or to request other accessories)