

Why is Taking Care of your Skin so Important?

- Interestingly, skin is our body's largest organ, and it is responsible for protecting and preventing infection, temperature regulation, and sensation. Therefore, it is essential that you take good care of your skin to keep it as healthy as possible.

Taking Care of your Skin

- In order to keep your skin in tip top shape, it is important that you follow a few simple steps. First, listen to any skin care related information that your health care team shares with you. As part of the rehabilitation process, there will come a time when you, or a caregiver, are responsible for maintaining the health of your residual limb.
- In order to prevent your skin from becoming rough and flaky, gently wash the limb with warm water and a mild soap (Dove, Aveeno, Cetaphil).
- Do not soak the limb for an extended period of time.
- Once you have rinsed well, dry the skin carefully by patting it with a soft towel. Once dry, moisturize the skin as soon as possible (Derma Prevent, Ruemol), being sure to apply the cream in the direction of hair growth to decrease the risk of ingrown hairs.
- While caring for your limb, it is also important that you keep track of any changes that you notice such as injuries, pressure sores, or blisters, and that you report them to your prosthetist and other health caregiver. Sometimes it can be hard to assess the entire limb, so using a hand held mirror, or asking a care provider to help inspect it, are great alternatives.
- It is also a good idea to get in the habit of checking your sound limb the same you would your residual.

Taking Care of your Prosthetic Socks & Shrinkers

- When putting on your prosthetic socks, be sure to put them on carefully, ensuring that there are no wrinkles.
- Different manufacturers have different sock care instructions, so be sure to check their recommendations.
- Ideally, your prosthetic socks should be changed and washed every day. Wash them with gentle detergent made for sensitive skin. Try to avoid detergents that contain bleach, added fragrance or brightening agents as they can irritate your skin. After washing, make sure that they are rinsed well and hang dried thoroughly.

Taking Care of your Liner

- It is important that you take as much care of your liners as you do your skin. Every day, you should make a point of washing your liner following use. Once you have removed your liner, turn it inside out and wash it with neutral pH, fragrance-and dye free soap (Dawn, Dove, Cetaphil), since using bleaches or fabric softeners can damage the liner.
- If you are wondering whether you can wash your liner in the machine, the answer is yes. It can be washed in hot (40 °C) water using a mild detergent. After cleaning thoroughly, rinse well with water and dry both sides with a lint-free cloth.
- It is also a good idea to clean your prosthesis nightly with a damp cloth and mild soap (the same as you would use to clean your liner). Ensure that the socket is fully dry and inspect your device for any abnormalities.