



## Contact details

**The Thornberry Centre**  
1 Brest Way  
(off Morlaix Drive) Derriford  
Plymouth  
PL6 5XW

**Tel:** 01752 434200

**Opening times:**  
**Mon - Fri: 8:30am - 4:30pm**

[www.livewellsouthwest.co.uk](http://www.livewellsouthwest.co.uk)

 Livewell Southwest

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# Prosthetics Rehabilitation Service



## Caring for your residual limb

## Compliments, comments & complaints

If you'd like to compliment, comment or complain about our service please contact:

**Customer Services Department**

**Livewell Southwest**

**Crownhill Court**

**Tailyour Road**

**PL6 5DH**

**Tel: 01752 435201**

**Email: [customerservicespch@nhs.net](mailto:customerservicespch@nhs.net)**

*Supporting people to be Safe, Well and at Home*

**Livewell**  
Southwest

## Skin care

Amputees experience 65% more skin problems than the rest of the population. This is why checking your skin and keeping it clean is so important.

A wound or other skin problem may mean you can't wear your prosthesis until it has healed.

## Look

Check your skin before and after you wear your prosthesis. You may require assistance or the use of a mirror to do this.

Look for scratches, spots, blisters, wounds, rubs, colour changes and redness that does not disappear when you have removed your prosthesis.

If you experience any of these you should ring your GP or The Thornberry Centre for advice.

## Feel

Touch your skin every day and check for a difference in temperatures between your limbs.

Check for sudden changes of temperature anywhere on your limbs.

Take note of areas that are swollen or painful to touch.

## Do

Massage your scar (when fully healed)

If you use a shrinker you should wash it every evening using soap and water.

Wash and dry yourself and use an unscented moisturiser on your limbs at night or when you will not need to wear your prosthesis for a few hours.

Attend all relevant appointments. Podiatrists and Nurses can help you identify skin problems and advise you on how to manage them.

## Avoid

Avoid shaving the skin under your prosthesis. This can allow bacteria to enter your skin and cause an infection.

Avoid injury to your sound limb and residual limb. You can do this by always wearing well-fitting footwear and using stump boards on your wheelchair. Tight socks should be avoided as these can affect your circulation.

Avoid extremes of temperature such as hot baths or hot water bottles as these can damage skin.

Avoid using pads or foam dressings within your socket. These will increase pressure on your limb.

