

Protect your residual limb

Contact details

The Thornberry Centre

1 Brest Way (off Morlaix Drive)

Derriford Plymouth PL6 5XW

Tel: 01752 434200

Opening times: Excluding bank holidays

Mon - Fri: 8:30am – 4.30pm

www.livewellsouthwest.co.uk

livewell.plymouthprosthetics@nhs.net

**Preventing Pressure,
Friction and Skin Breakdown
When Wearing Your Prosthesis**

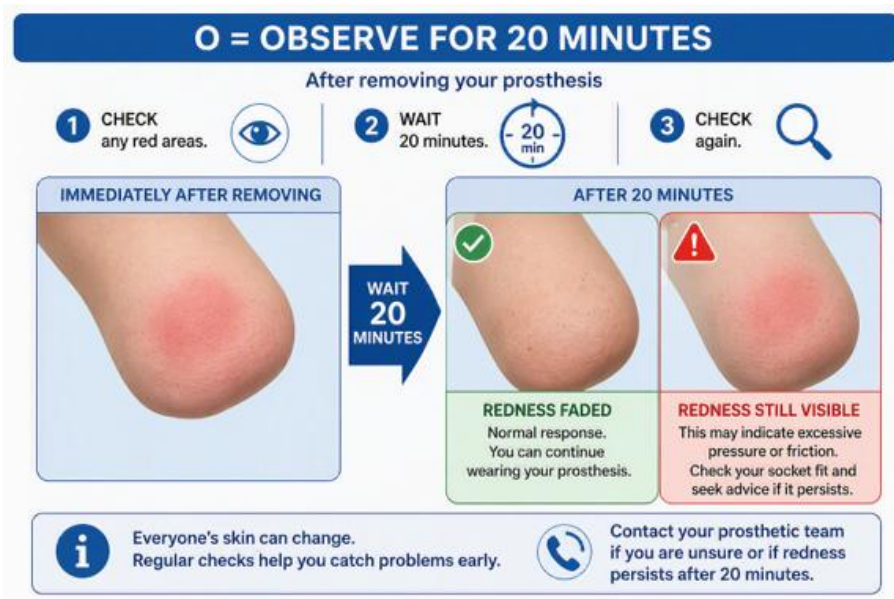
Three things to remember

- ✓ Check your skin every day
- ✓ Redness should fade within 20 minutes
- ✓ Stop wearing your prosthesis if you develop blisters or broken skin

S = Skin Check

Check areas you cannot easily see. Look for redness, swelling, blisters, hot areas and pain.

O = Observe for 20 minutes



- ✓ Fades = Usually Normal
- ⚠ Remains Visible = Check Socket Fit & Seek Advice

C = Correct Sock Fit

- ✓ JUST RIGHT: Comfortable, Secure, Stable
- ✗ TOO FEW: Movement, Rubbing, Pressure
- ✗ TOO MANY: Pressure, Redness, Skin Damage

REMEMBER: Too few OR too many socks can cause pressure, pain and skin damage. Don't forget to wash your socks/gel socks or liners daily.

K = Keep Skin Healthy

- 🧼 Clean
- 💧 Dry
- 💧 Moisturise as this protects the skin and can prevent breakdown.

Seek Advice Early

Redness >20 minutes, Pain, Blisters, Broken Skin, Socket Fit Changes, Increased Sock Requirements.

Traffic Light Skin Check

✓ GREEN - SAFE TO CONTINUE

Marks fade within 20 minutes. Skin intact. No pain. No swelling.

⚠ AMBER - TAKE CARE

Redness >20 minutes. Soreness. Rubbing. Check sock fit and monitor.

🔴 RED - STOP WEARING YOUR PROSTHESIS

Contact prosthetic team immediately if you have any blisters or open wounds. Any signs of Infection also contact GP/ NHS111.

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