

# About Your New Upper Limb Prosthesis

## The Orthotic & Prosthetic Centers

Your new upper limb prosthesis will replace the part of your upper limb that has been amputated. The information below – along with the specific guidance of your physician and orthotist – will tell you what to expect when using your ULP, and how to properly wear, maintain and care for the prosthesis.

Follow your health care providers' instructions carefully to use this device safely and effectively; this document is intended to give you general "getting started" instructions. For example, your prosthesis may use a shuttle lock suction socket, or a silicone or gel liner. While this document addresses some of those issues, your prosthetist will deliver specific instructions related to special cases.

### **Wearing your Upper Limb Prosthesis**

#### **Do not wear your Upper Limb Prosthesis to bed.**

Remove it before napping or going to bed at night.

#### **Expect your limb to change.**

Your residual limb may swell or contract after your amputation; this is a normal part of the post-surgery healing. Use more or fewer prosthetic socks to maintain proper fit.

### **Initial Wearing Schedule**

#### **The first day.**

Wear your prosthesis for 15 – 30 minutes, three times a day. When you remove the prosthesis, examine the residual limb. Red areas should disappear within 5 to 10 minutes; they are simply your limb's reaction to the pressure of your ULP. If they do not disappear or you notice swelling, discoloration or blistering, call our office and stop using your prosthesis immediately.

**Days 2-3:** Wear your prosthesis for 45 – 60 minutes, three times a day.

**Days 4-7:** Increase the time you wear the prosthesis by 30 minutes as you grow more accustomed to wearing it. By the end of the first week, you should be able to wear it all day.

### **Care of your residual Limb and Prosthesis**

Wash your residual limb each day with mild soap and warm water to prevent skin irritations and infection. Be sure to rinse all soap off to prevent skin irritation. Gently pat dry your skin with a clean towel.

Please contact us if you have any questions.

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Clean the inside of your prosthetic socket daily with a damp, soapy cloth and dry it well with a clean, dry cloth.

If your prosthesis has a prosthetic skin, clean the surface as needed with an all-purpose spray cleaner.

## Risks & Precautions

Continue to check your residual limb daily for redness, blisters, soreness, or swelling. Stop using your ULP immediately if you see these symptoms, and call our office.

Don't worry if the shuttle lock fails to release; a loose sock thread may be trapped in the mechanism. Gently and methodically try to remove the thread. If the button is hard to push, stand up and put your weight on the prosthesis. Push down hard and then sit down. Never attempt to pull the insert out before pressing in the lock button.

If you experience a hard fall, call us immediately. We will examine your prosthesis, and if necessary, repair it. This is important to keep you safe and your prosthesis fully functional.

From time to time, as your residual limb changes, you may need to have our experts adjust your prosthesis.

DO NOT try to adjust, repair, or alter your prosthesis in any way. The safety and effectiveness of your prosthesis depends upon the careful fitting, design and fabrication by a team of experts. Leave any adjustments to a qualified medical professional.

## Follow-up care and emergencies

Follow-up visits with your fitter are vital for your healing – don't skip any scheduled appointments. Call our office with any questions or problems. If you have trouble breathing, severe limb pain, high fever, or absence of color in the residual limb, call 911 or your local hospital.

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