

# Wearing Your Prosthesis Comfortably

## The Orthotic & Prosthetic Centers

### My prosthesis doesn't feel right. What adjustments can I make?

Sometimes, small adjustments can make a big difference in your comfort. Here are a few adjustments you can try yourself.

- Add a sock
- Remove a sock
- Check for and remove a wrinkle
- Reapply your liner
- Make sure the prosthesis is on straight

### When should I consider adding a sock?

If you do add a sock for adjustment or comfort purposes, be sure to add only one sock (ply) at a time. See Example 1 at the end of this document for more specific directions.

- After having worn the prosthesis for a few hours (especially if your limb was swollen that morning)
- When the prosthesis feels loose
- When the end of your residual limb is red
- When you feel pressure on the bottom of your residual limb

**Important: Always check your skin when you remove the prosthesis**

### When should I remove a sock to decrease the number of ply?

If you do remove a sock for adjustment or comfort purposes, be sure to remove only one sock (ply) the first time. See Example 2 at the end of this document for more specific directions.

- In the case of morning swelling
- After not wearing the prosthesis for over 30-60 minutes
- After letting your residual limb get air
- When you haven't worn a shrinker or the prosthesis
- After a hot bath
- When the prosthesis feels tight

### What might cause my residual limb to swell?

- Not putting a shrinker on when the prosthesis is off
- Letting the residual limb hang down without a shrinker or a prosthesis
- Drinking a lot of fluids
- Letting residual limb get some air
- Walking without a prosthesis
- A hot bath
- A hot day

**Important: If your residual limb is swollen, you must remove a sock**

(More On Reverse Side)

Please contact us if you have any questions.

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### What might cause my residual limb to shrink?

- Ace wrapping or putting a shrinker on your residual limb
- Wearing a prosthesis
- Walking with a prosthesis on
- Massaging your residual limb
- Elevating your residual limb
- A cold day

**Important: If your residual limb shrinks, you must add a sock**

### Example 1: Adding ply

You wear 3-ply socks when you get up in the morning. At 12:00 noon, your residual limb is not feeling right, but you're not sure exactly what is wrong. You should immediately take the prosthesis off and inspect your skin. If the end of your residual limb is red, add a sock and put the prosthesis back on. If the prosthesis is still uncomfortable, add another sock and put the prosthesis back on. Repeat this process until the prosthesis feels comfortable or you can no longer add socks.

### Example 2: Removing ply

You get up in the morning and you put on 5-ply socks, which is what you wore the day before. The socket feels tight and you can not get your residual limb all the way in. You have probably swelled up over night and need to remove one ply. Put the prosthesis back on. If it is still too tight, remove two ply and put the prosthesis back on. Repeat until the prosthesis is comfortable.

**Important: If you are unable to get the correct fit after you have done the above, call your prosthetist for further information**

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