The evening skin check

Ten minutes, every evening, when the leg comes off. If eyesight is poor, a family member does it.

The routine

1. Take the leg off and note any red marks. Look again in 20 minutes.
2. Wash the stump with mild, unscented soap and lukewarm water. Rinse very well.
3. Pat completely dry, including skin folds and the scar line.
4. Inspect all of it with a hand mirror in good light: front, back, sides, end.
5. Moisturise at night only, never in the morning.
6. Wash the liner or socks, rinse well, dry in the shade.

What is normal

- Pink marks that fade within 20 minutes
- Mild tiredness in the stump after a long day
- The stump being slightly smaller in the evening

Do not

- Shave the stump
- Use spirit, antiseptic liquid or harsh soap
- Use talcum powder inside a gel liner
- Put cream on before wearing the leg
- Pad or adjust the socket yourself

Diabetic? Check the other foot too

- ☐ Top, sole and heel
- ☐ Between every toe
- ☐ Never barefoot, even at night
- ☐ Any sore, however small: doctor the same day

Stop wearing the leg and see a doctor for any open sore or burst blister, spreading redness, heat, swelling, pus, a bad smell, fever, or a stump that turns cold, pale or blue.

General guidance. It does not replace advice from your own doctor.