

Your first month at home with the leg

Build up steadily. Doing too much on day one is the commonest reason for a sore that costs a week.

Wearing time

1. Week 1: one hour, twice a day. Indoors only. Check the skin each time.
2. Week 2: two hours, twice a day. Add the doorstep and a short walk outside with someone beside you.
3. Week 3: half days. Stairs with a rail, the car, a short visit to the shop.
4. Week 4: full days if the skin is happy. A short rest at midday in hot weather.

For the family

- Walk alongside on the artificial side in the early weeks.
- Make the home safe: a rail, a bathing stool, no loose rugs.
- Expect a little more independence each week.
- Do not pad or adjust the socket at home.
- Do not compare with someone who walked sooner.

Every day

- ☐ Fresh sock, every wrinkle smoothed
- ☐ Ten minutes of home exercises, twice
- ☐ Leg off to bathe. Sit on a stool.
- ☐ Evening skin check
- ☐ Liner washed and dried in the shade

If it feels loose or tight

- Loose, dropping, or the end hits the bottom: add a sock.
- Tight, or you cannot get fully in: remove a sock.
- Carry a spare sock when you go out.
- Around ten ply to feel secure means a socket review is due.

Stop and call us if a red mark lasts more than 20 minutes, the skin breaks, or the leg clicks, slips, turns or suddenly feels a different length. Do not walk on a leg that has slipped or cracked.