

Before your first leg: bandaging and positioning

The weeks between surgery and the first cast decide how good the leg can be. These cost nothing.

Keep the joints straight

- Below knee: never rest the stump bent over a pillow or the bed edge.
- Above knee: lie flat on your stomach for 20 minutes, two or three times a day.
- No pillow under the knee or thigh, and none between the thighs.
- Do not sit for hours without a break. Do not rest the stump on a crutch handle.

Bandage or shrinker sock

- Start only when the surgeon says the wound is ready.
- Firmest at the end of the stump, looser higher up. Never tight like a ring.
- Wrap in a diagonal figure of eight, not straight round.
- Re-wrap every 4 to 6 hours, and whenever it loosens.
- Wear it day and night, except when washing.

Every day

- ☐ Arm and sound leg exercises, morning and evening
- ☐ Stump lifted back, out to the side, and squeezed inward, 10 times each
- ☐ Once healed: massage, tap and rub the stump for 5 minutes
- ☐ Proper shoe on the other foot, even indoors
- ☐ Out of bed and in a chair for meals

Contact us early

- Message us in the first fortnight after surgery.
- Send a photo of the bandage and we will check it.
- We book the assessment for the right week, so no time is lost.

See your doctor if the wound opens, bleeds, smells or discharges, the stump turns very red, swollen or changes colour, or there is fever.