

Residual Limb Protector (RLP)



- A Residual Limb Protector is a one piece postoperative foam socket worn on the residual limb following an amputation.
- It helps protect the residual limb from bump, friction, and impact injuries.
**** CAUTION: No RLP has a 100% guarantee against injury.**
- The design helps provide gentle control of fluids in the healing residual limb.
- wound dressing changes.
- It is always worn with a surgical sock to protect the skin and tissue.
- Always follow specific instructions given to you by your doctor and practitioner.



How to Wear the Residual Limb Protector

- It may or may not be worn with a shrinker. Your doctor and practitioner will instruct you about wearing a shrinker. It is common, you will first just wear the Residual Limb Protector. Then, as you continue in the healing process, a shrinker will be added to add a higher compression pressure to the limb as a way to reduce swelling.
- It is important to wear your Residual Limb Protector 23 hrs. a day or as prescribed by your doctor. This protects your limb from bedding rubbing, bumps against a bed rail, bumps against a wheel chair or walker.

Precautions

- * **DO NOT weight bear on your residual limb!**
- * If you find any areas of concern or have questions, contact your practitioner or doctor before wearing it.
- * If your limb becomes painful, cold or numb while wearing the Residual Limb Protector, remove it and consult your practitioner.
- Wear a clean sock every day. **Do not** wear socks for several days before washing.
- Make sure the sock (and shrinker if applicable) is smooth and wrinkle free on your residual limb.

Daily Hygiene Recommendations:

- Remove the Residual Limb Protector 2-3 times per day. Once at bed time, once in the morning, and during dressing changes.
- Visual examination should reveal a total contact fit.
- Examine (do not remove) the wound dressing for signs of excessive bleeding or drainage.
 - If excessive blood or drainage is found, contact the physician immediately.
 - If only mild spotting is noted make a record the size and location of the spotting. For record, you may choose to take a photo if you have a smart phone. Then proceed.
 - If the spotting becomes excessive, at a later point in time, contact the physician immediately.
- If the Residual Limb Protector needs cleaning, use an anti-bacterial wipe to clean the foam. **MAKE SURE** the foam is completely dry before re-applying the device to your leg.
- Re-apply the Residual Limb Protector socket in about 20 minutes from when it was removed.
- Wash the socks every day per manufacture's guidelines.
- While the Residual Limb Protector is removed. The patient should follow the doctor and therapist recommendations for bending the knee as directed for range of motion.

Components of the Residual Limb Protector System

Clark & Associates Prosthetics and Orthotics

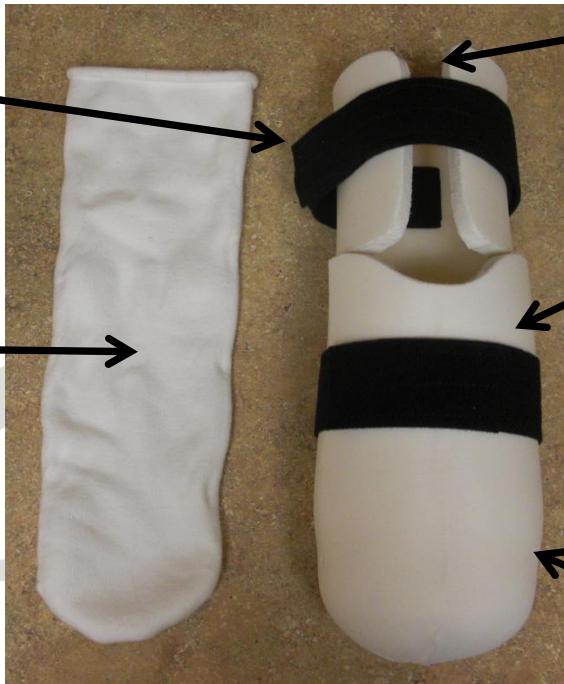
Waterloo, IA - Toll Free: (800) 435-3803
Dubuque, IA - Toll Free: (800) 514-3317
Marshalltown, IA - Toll Free: (877) 753-0067

www.clarkpo.com

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Thigh Band – This wraps around the thigh section (above your knee) of the device on the front side. It should be worn securely as it provides suspension of the device.



Post-Operative Sock – This is worn over the wound dressing of your residual limb. It needs to cover all areas of your skin that would contact the Residual Limb Protector. This protects your skin and tissues from the foam rubbing on your skin.

Thigh Section – This is the foam part of the device that fits above your knee cap. The opening of the thigh section faces the front of your leg.

MPT (Mid Patella Tendon) Strap – This is the Velcro strap just below your knee cap. This strap should be worn snugly (not tight). It also provides suspension of the device on your leg.

The Flexible Foam Socket – This is the foam piece that your leg fits into. It protects your limb.

How to Apply the Residual Limb Protector to Your Residual Limb

- If you have been prescribed and directed to be wearing shrinkers, apply the shrinker to your leg over your wound dressings. Follow the instructions provided to you for wear and care of the shrinker.
- Next, Roll the post-op sock OVER your wound dressings (and shrinker if applicable). The sock should cover all aspects of your leg that would otherwise come in contact with the Residual Limb Protector.
- Unfasten both straps of the Residual Limb Protector.
- Pull open the front panel of the Residual Limb Protector. The front panel is the section that has the opening in the front portion of the thigh section.
- Gently place your residual limb into the Residual Limb Protector.
 - Making sure the distal end of your limb contacts the foam at the end of the protector.
- Fasten the MPT strap around the Residual Limb Protector.
- Fasten the thigh strap around the Residual Limb Protector.



View from side with
With limb in residual limb protector.



View from side with patient lying in supine.



View from top with patient in supine.