

# Flo-Tech



- A Flo-Tech is a one piece postoperative plastic socket worn on the residual limb following an amputation.
- It limits knee flexion (bending the knee), maintains knee alignment, and prevents flexion contractures.
- It protects the residual limb from bump, friction, and impact injuries.
- The design helps provide gentle control of fluids in the healing residual limb.
- It covers and protects the limb while at the same time allowing access for surgical site inspection and wound dressing changes.
- It is ***always*** worn with a surgical sock to protect the skin and tissue.
- Always follow specific instructions given by your doctor and practitioner.



## How to Wear the Flo-Tech

- It ***may or may not*** be worn with a shrinker. Your doctor and practitioner will instruct you about wearing a shrinker. It is common that the Flo-Tech will be worn alone in the beginning. As you continue the healing process, a shrinker will be added. The shrinker adds a higher compression level and reduces swelling.
- It is important to wear your Flo-Tech 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 wheelchair 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 your FloTech.**
- \* If your limb becomes painful, cold or numb while wearing the Flo-Tech, **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 FLO-TECH socket 2-3 times per day. Once at bed time, once in the morning, during dressing changes.
- Remove the outer fitting sock and the polyurethane distal end pad.
- 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 of the size and location of the spotting. You may choose to take a photo of the spotting for documentation, then proceed.
  - If the spotting becomes excessive at a later point in time contact the physician immediately.
- Wash the distal end pad with an anti-bacterial soap, rinse well and dry the pad by gently compressing it in a towel. **DO NOT WRING!** Once the pad is completely dry, insert into the Flo-Tech and apply the Flo-Tech to the limb.
- Re-apply the Flo-Tech socket approximately 20 minutes from when it was removed.
- Wash the socks every day.
- If the polyurethane (foam pad) becomes soiled, hand wash it with an anti-bacterial soap, rinse well and dry the pad by gently compressing it in a towel (DO NOT WRING). Make sure the pad is **completely dry** before wearing the Flo-Tech again.
- While the Flo-Tech is removed, the patient should follow the doctor and therapist recommendations for bending the knee as directed for range of motion.