

# Residual Limb Protector (R.L.P.)



- 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.
  - 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.
- \*\* CAUTION: No RLP has a 100% guarantee against injury.**



## How to Wear the Residual Limb Protector

- It *may or may not include a* shrinker. It is common, that you will first just wear the Residual Limb Protector 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.