

## Patient information

# Looking After Your Remaining Limb

### Therapies

#### Introduction

After you have had a lower limb amputation it is vitally important that you take care of your remaining leg. The following advice is designed to help you with this.

#### ❖ Skin Care

Wash your foot daily, drying it gently but thoroughly.

If your skin is dry, apply a moisturiser (available from your chemist) after washing and drying. Do not apply the cream between your toes.

If you notice any red areas on your foot, or any broken skin, contact the Centre and make an appointment to see the Doctor.

In the meantime, check your footwear for any protruding nails or loose pieces of insole. Also check that your sock or stocking is not creased or too tight.

Cut toenails with great care. The best time to do this is after a bath or soak, when your nails are softer.

Cut them straight across and not too short. If you have diabetes or poor circulation this should be done by a HCPC registered Chiropodist / Podiatrist.

**Do not cut corns or hard skin yourself.** If you have any problems with your feet consult a HCPC registered Chiropodist / Podiatrist or your own Doctor.

Always check the temperature of bath water with your hand before you step into the bath.

Avoid excessive heat such as an unwrapped hot water bottle or sitting in front of the fire.

#### ❖ Footwear

Do not wear tight socks or stockings or anything else with elastic tops as they can constrict circulation.

Wash socks or stockings daily. Natural fibre socks are best.

Try to avoid strappy sandals as they do not give the required support and protection.

## ❖ **Smoking**

Smoking may affect the circulation in your remaining leg.

### **You should consider giving up.**

Information and support to do this is available on the NHS Smoking helpline.  
Tel:0800 0224332 or at: [www.smokefree.nhs.uk](http://www.smokefree.nhs.uk).

Alternatively, you can discuss this with your GP.

If you have vascular disease it is vital that you stop smoking to prevent the progress of the disease.

If you are concerned about the health of your remaining leg at any time, please do not hesitate to get in touch with your doctor so that your Consultant can be informed.

This will ensure that early treatment, if appropriate, can be started.

## ❖ **Positioning**

### • **Sitting**

If your foot and ankle are swollen, keep your leg up on a stool taking care not to put pressure on your heel.

If your leg is down make sure that there are no sharp edges, like a stump board or the edge of a chair pressing into the back of your knee.

### • **In bed**

Do not cross your legs.

Do not let your heel become sore while you are lying in bed.

If you experience any discomfort, then take the pressure off your heel by either spending more time on your side or by putting a piece of padding underneath it.

Remember not to push on your heel when you move yourself up and down the bed.

Do not let the bedclothes press on your toes, as this will make them sore.

Do not rest or sleep with pillows underneath your stump or leg, as this will cause your knee or hip to become stiff.

## ❖ **Podiatry / Chiropody Services**

Everyone attending the Centre can access Podiatry / Chiropody treatment. This is available at a local clinic or in your home. Please ask a member of staff for details.

## **Feedback**

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## **Further information**

### **Prosthetic and Wheelchair Centre**

**Lower Lane**

**Liverpool L9 7AL**

**Tel:0151 529 3033**

**Text phone number: 18001 0151 529 3033**

**Please insert local contact numbers, support groups, national societies, accredited websites**

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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