

Below knee amputation

You will be using:

Method 1

Method 2

Good care of your amputated leg helps prepare you for your artificial leg or prosthesis. An important part of care is learning how to tensor or bandage. For some people a shrinker stocking may be used. Bandaging or using a shrinker helps to:

- support the soft tissue of your amputated leg
- prevent swelling
- shape your leg to fit a prosthesis

Skin care

Keeping your skin healthy helps to keep you healthy. Good skin care includes:

- Every evening wash your amputated leg with mild soap and warm water. Rinse soap off well. Pat dry with a towel.
- Apply a mild cream to dry skin.

Check your amputated leg every day

Check your leg several times during the day. Check for:

- cuts or scrapes
- red or sore areas

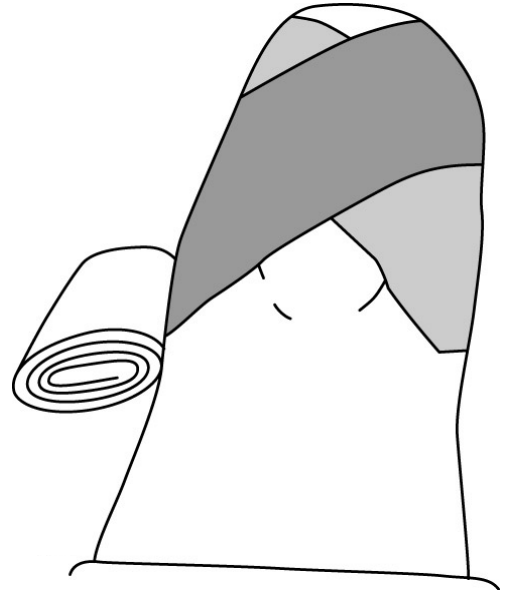
Bandaging or using a shrinker stocking

- To learn to bandage your leg follow the steps in the method checked off for you.
 - Use your bandage or shrinker all of the time except when you are washing your leg or checking your skin.
 - During the day, take off your bandage or shrinker every 3 to 4 hours for 15 minutes. Use this time to check your skin for signs of problems. You can also massage your leg at this time.
 - After 15 minutes put your bandage or shrinker back on. You should also wear your bandage or shrinker at night while sleeping.
 - Not wearing your bandage or shrinker can result in swelling which will make it difficult to fit into your prosthesis eventually.
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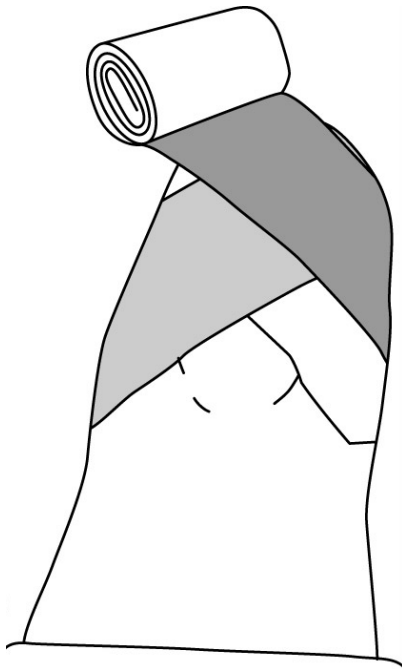
Method 1 - Below-knee bandaging



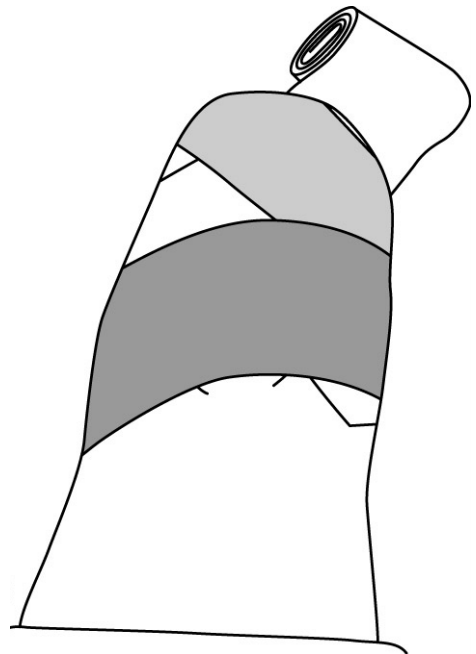
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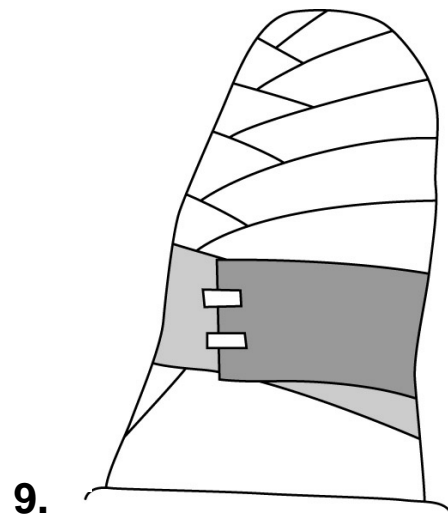
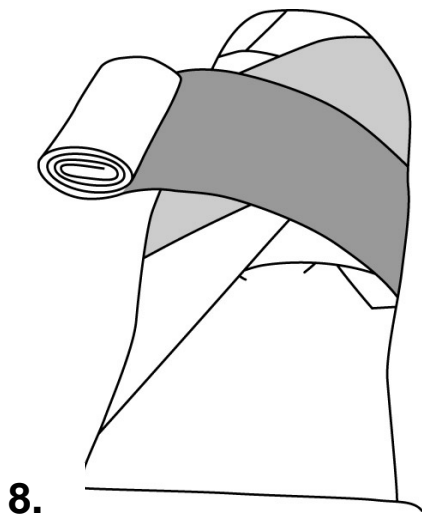
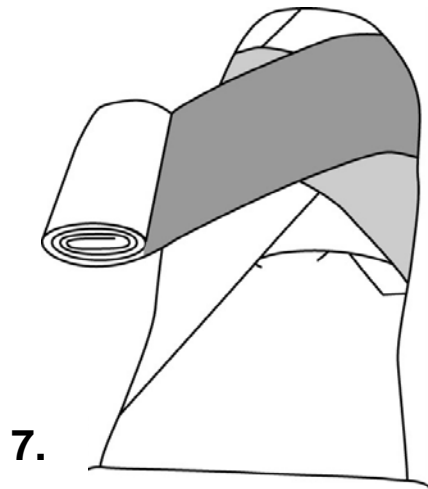
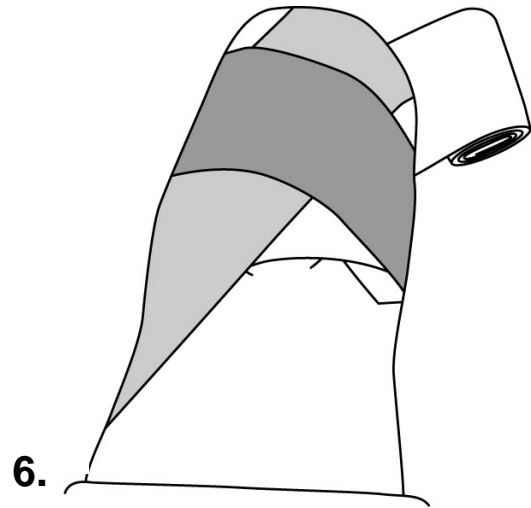
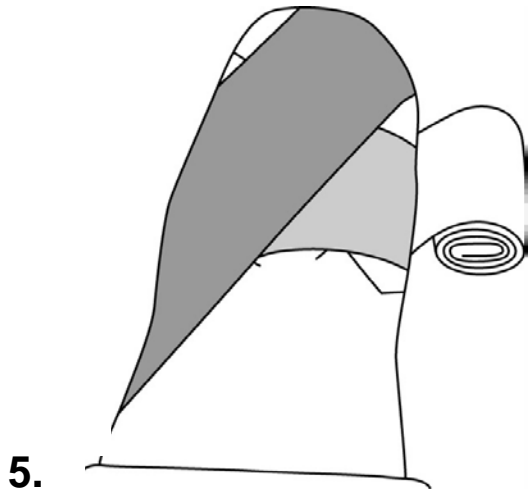
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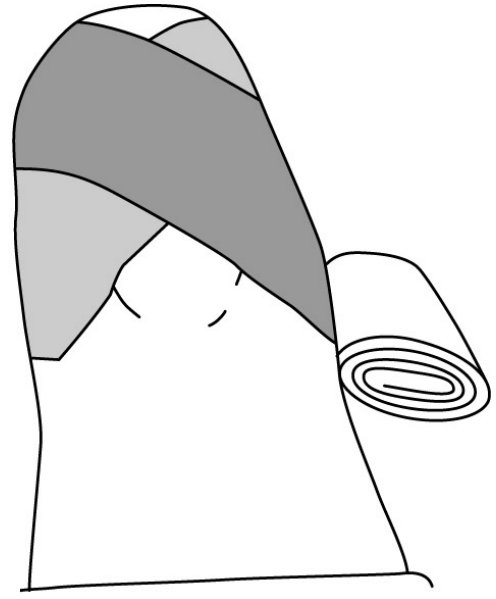
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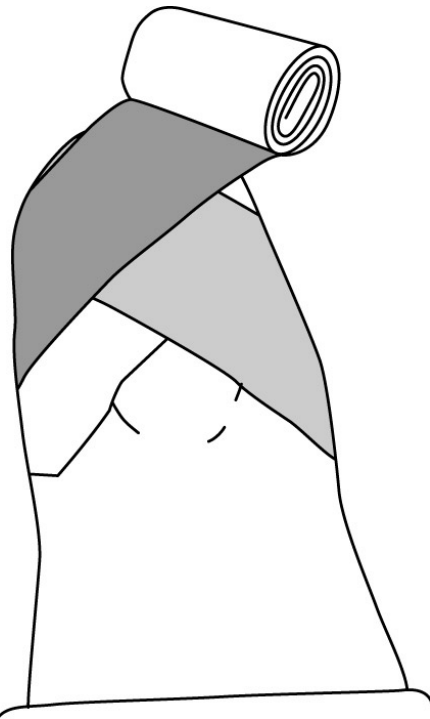
Method 2 - Below-knee bandaging



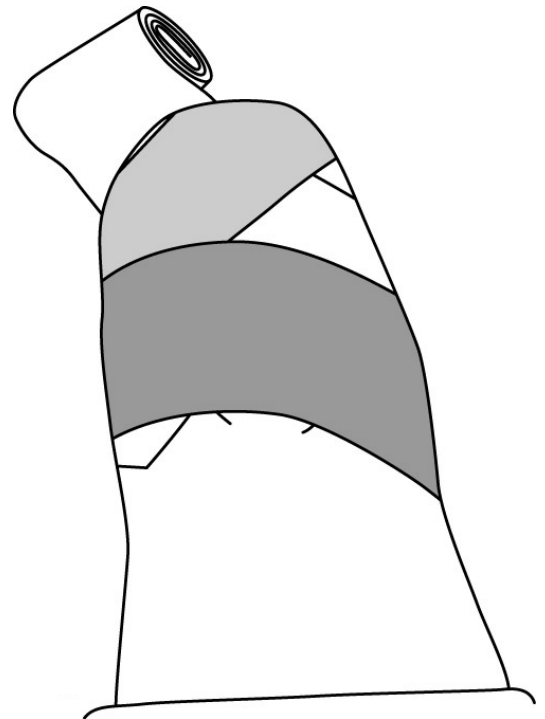
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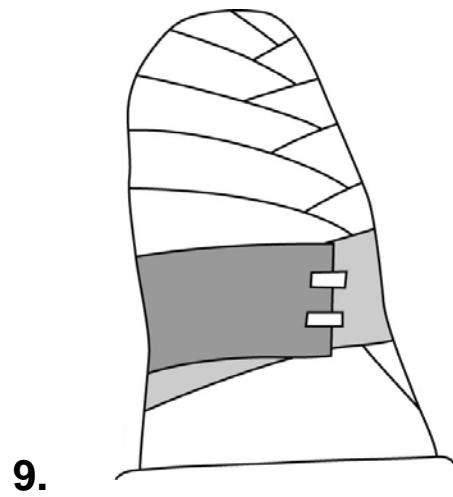
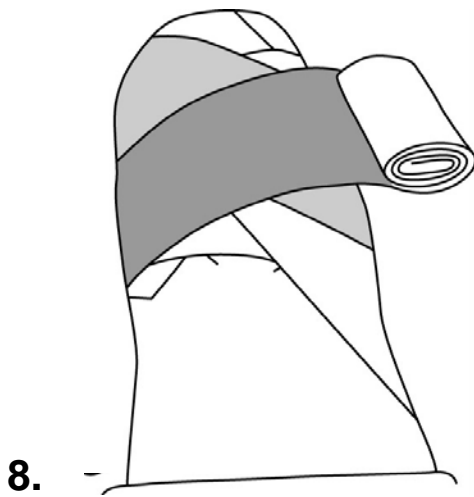
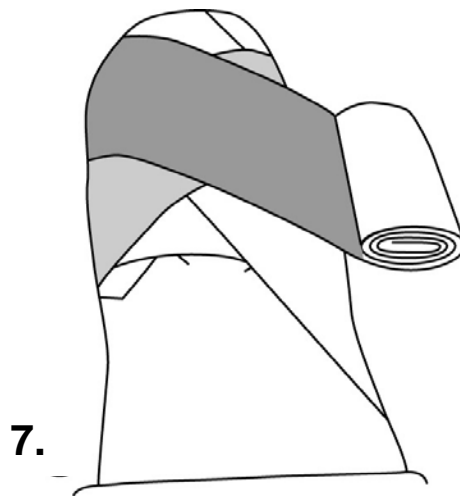
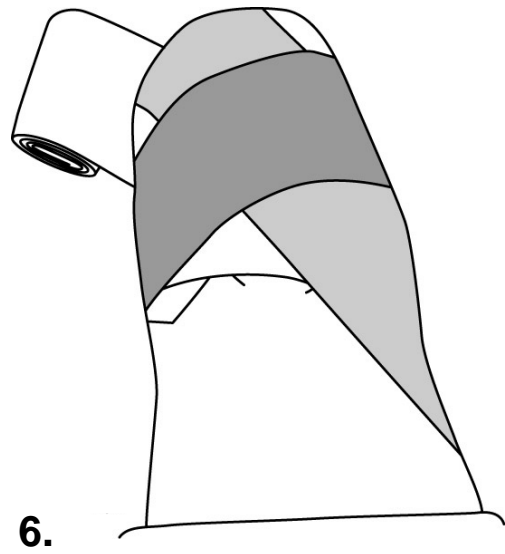
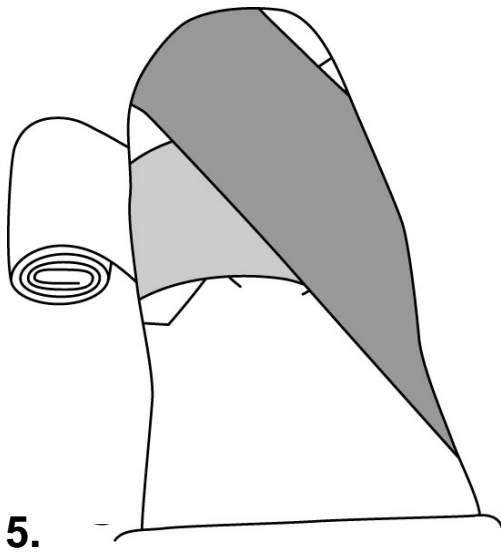
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Washing your bandage or shrinker

Wash your bandage or shrinker in mild soap and lukewarm water. You can use the delicate cycle of your washing machine or hand wash. Lay flat to dry. Do not use the dryer.

Tips

If you are using a tensor bandage, some tips to help prevent the bandage from being too tight are:

- Make sure your bandage is done in a figure 8 pattern.
- Reduce tightness of the bandage as you move towards the top of your leg.



The bandage may be too tight if your amputated leg:

- feels cool
 - is painful or throbs
 - has markings from the bandage on the skin
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