

Hygiene *for amputees*

Daily tips to keep you on the go

Clean
skin

Healthy
stump

Less pain

More active



Turn over to learn more



DAILY

- Wash stump in soapy water, rinse and dry well
- Change stump socks and liners – more often in warm weather
- Wash stump socks and liners after use
- Wipe your socket with a clean damp cloth

PROTECT

- Dry your skin well before putting on your prosthesis
- Avoid wearing wet or damp socks and liners

SEEK

- Advice from your healthcare professional if you notice and changes to your skin

www.limbs4life.org.au

1300 782 231