

Skincare tips for amputees

CHECK your stump daily for marks or skin breakdowns using a hand mirror

STOP wearing your prosthesis if you have pain or discomfort

WEAR safe and comfortable footwear at all times

SEEK advice from your healthcare professional if you notice any changes to your skin



Turn over to learn more

Don't wait until it's too late Act Immediately



CHECK LIST

I need to seek medical attention if my stump:

- Has new red marks that do not fade after 15 minutes
- Is swollen and tender
- Is discharging blood, fluid or pus
- Temperature feels unusually cold or hot

I need to contact my prosthetist if:

- My prosthesis is not fitting properly – too tight too loose
- My stump socks have worn thin or have holes
- My liner has started to tear, split or wear thin
- My prosthesis makes me feel unsafe or unsteady
- My prosthesis sounds, feels and looks different
- My 12 month review is due