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PATIENT INSTRUCTIONS FOR DYNAMIC CHECK SOCKET HOME TRIAL

General Information

Your custom made Check Socket is fabricated from materials made for clearness and adjustability. Therefore, it's not as durable as a laminated "definitive" prosthesis and great care should be taken during the trial period. Walking with a prosthesis can be a difficult and sometimes challenging experience. Each person responds to these challenges at their own pace. You may experience slight discomfort as you adjust to the check socket but this will be used for feedback in order to make your final prosthesis long lasting and comfortable.

It is important that you realize this is a "temporary socket" and meant to give your prosthetist feedback during the short wear time and is in no means meant to be a long-term socket

Your prosthetist will give you specific directions on how long and where you can wear your test socket over the next week until your follow up appointment.

The following wearing and care guidelines will help you be as comfortable as possible during this time of testing.

Wear Time

START SLOWLY! Adjusting to a new prosthesis is difficult because you are learning balance skills and how to walk again. It also stresses the residual limb. Wear your prosthesis 30 minutes on the first day and limit yourself to low activities such as standing and walking in a safe environment. Gradually increase your wearing time by one hour each day. You may leave your gel liner on for longer periods to control swelling without the prosthesis but check your skin regularly. You should also increase your activity level during this transition period after consulting with your physical therapist. Soon you will be comfortable wearing your prosthesis all day. You will achieve the greatest long-term benefits when you consistently wear your prosthesis every day.

Pain

Remove your prosthesis if you experience any pain or discomfort. Check your skin for areas of irritation. Some redness is expected in areas of maximum contact or support. However, redness should disappear within 20 minutes after the prosthesis and gel liner/socks are removed. Try wearing the prosthesis again after waiting for one or two hours. If you feel sharp, or jabbing pressure over bony areas, or if skin redness lasts longer than 20 minutes, make an appointment with your Prosthetist at Seacoast Prosthetics for an adjustment as soon as possible.

Skin Care

Wash your residual limb every day with mild soap and warm water. Rinse your skin well with clean water. Towel dry your skin thoroughly.

Wash your gel liners daily with mild soap and water and use the drying stands to air dry. Rotate you liner wear daily. Disinfect your liners weekly with a bleach solution. You will have a liner care instruction sheet from your prosthetist reviewing these washing instructions.

Check your residual limb carefully every day for any red or tender areas. Such areas could indicate that your prosthesis is not fitting, or your residual limb has changed in volume or shape and your prosthesis needs an adjustment.

Shoes

Select good shoes with proper support, this will help your sound side. Your prosthetist will discuss your shoe selections when picking out the correct foot for your prosthesis. You will need to stay relatively consistent with the heel height of the shoes you wear. Increases or decreases in heel heights will change the stability of your prosthesis.

Care

Inspect your Check Socket on a regular basis. Check for signs of wear and tear, cracks, or noises. Contact your prosthetist immediately if you notice anything that concerns you and make sure to keep your scheduled appointment.

Remember...

Never attempt to repair or adjust your prosthesis yourself. Your prosthetist will schedule another appointment to check the progress of the check socket in order to fabricate the final socket. Contact Seacoast Prosthetics whenever you need help or have any questions. Your practitioner will work closely with you and your physician to ensure the best prosthetic treatment possible.