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### **Removable Rigid Dressing (RRD) Protocols**

The RRD may be removed at any time to observe the incision, provide range of motion of the knee and allow for patient or staff to change bandages, shrinkers or dressings. It should also be removed, routinely, several times per day. The outer amputation sock can be changed to a clean dry sock. This will allow the outer sock to wick away moisture and other fluid.

Skin checks are based on skin integrity of patient. Initially skin checks for vascular patients should be every 4 hours for first 48 hours and then every 6 hours after that period. Traumatic amputees with RRD's should be checked every 6 hours initially for 48 hours and then every 12 hours.

RRD use should be discontinued if there is any excessive drainage or redness noted in the residual limb (pressure area) that does not dissipate within 30 minutes of RRD removal. RRD wear should be discontinued when patient is ready for prosthetic fitting.

Please contact your prosthetist \_\_\_\_\_ with any questions/concerns

\*Daily Hygiene, Range of Motion and Transfer Recommendations:

- \*Remove the RRD at least 2 times per day to check skin and change shrinker
- \*Remove the outer fitting sock (or stockinet) and the polyurethane distal end pad.
- Examine (do not remove) the innermost post-op fitting sock (or sterile stockinet) for signs of excessive bleeding or drainage
  - If excessive blood or drainage is found, contact the physician Immediately.
  - If only mild spotting is noted make a record and proceed.
  - Record the size and location of the spotting.
  - If the spotting becomes excessive at some later point contact your physician.
- Wash the reticulated distal end pad with an anti-bacterial soap; rinse well, dry the pad by gently compressing it in a towel (DO NOT WRING),
- Re-apply the pad and a clean dry outer sock over the pad.
- Re-apply the Removable Rigid socket.
- The strap below the knee should be loose enough to slide a finger under it.
- When standing the Velcro® bands should be tightened especially above the knee cap
- When in bed or reclined in a chair the thigh strap can be loosened enough to slide a finger under it.

\*THE COMPLETE HYGIENE PROCESS SHOULD TAKE NO LONGER THAN 20 MINUTES EACH TIME.