



Hinnant Prosthetics

Experience Our Road to Prosthetic Excellence

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CARE AND USE INSTRUCTIONS

1. Always put socks and sheaths on one (1) at a time to insure no wrinkles. The sheaths go against the skin first. The order of the socks does not matter, just the total number of plys. When using silicone suspension, place silicone sleeve on first.
2. Next put on the insert and secure the suspension straps, belt or wedge. When using silicone suspension, make sure pin is securely in attachment bracket.
3. To remove the prosthesis, you should be sitting before you loosen the suspension straps, belts or wedge. When using silicone suspension, apply pressure into the socket by pushing down with your residual limb. While putting pressure into the pin, push and hold down the release button then pull the residual limb from the socket.

Function of Socks

1. Act as a barrier between the skin and the prosthesis
2. Act to absorb perspiration
3. Act to accommodate fluctuations in limb size (Less socks for swelling or weight gain and more socks for shrinkage or weight loss).

Use of socks (PLYS)

1. When you feel like you are too far into the socket you may need a sock. Sometimes you may feel extra pressure on the very end of you limb , you may feel pressure in your groin AK or the prosthesis feels too short. If this occurs, you may need to **add a ply** of sock.
2. Should you feel the very end of you limb is too tight in the socket, the prosthesis feels long, or the prosthesis just doesn't want to stay on you may need to **decrease a ply**.

Sock Management

1. The socks used for your prosthesis are often color coded accordingly to the "ply" of the sock. A sock with a yellow band of color around the outside edge is a 3ply sock, a sock with a green band is a 5ply sock, and a 1ply sock has white band. **Some socks have no color bands** but will have the number of ply printed on the upper portion of the sock.
2. When changing plys of socks, change only one ply at a time. To adjust your fit it is recommended to use 1 ply socks, not 3 or 5 ply socks. Changing more that one ply at a time using 3 or 5 ply socks may result in a too tight of a fit. It is the total number of sock "plys" not the number of socks that count.

Skin Coloring / Pressure

1. When wearing your prosthesis you will expect to have pressure on your limb. The pressure should be on places where you can tolerate pressure and away from areas where you can't tolerate pressure -- away from sensitive areas.
2. We want the prosthesis to fit as snugly as possible to help control swelling and to move when you move. A loose fitting prosthesis can be a problem because it can cause friction from motion against your limb. In addition you want the prosthesis to move where you intend. A loose prosthesis requires extra leg motion to move the prosthesis.
3. When you remove the prosthesis after walking do expect some pinkness over the limb. (If something was in contact with you hand for any length of time it would be pink also.) As you know the pinkness will go away. If the area has darker reds and does not go away in a reasonable time then you need to check the plys of socks or contact your prosthetist immediately.

NOTE: If you have any questions or problems do not hesitate to contact your prosthetist for assistance and appropriate follow-up.

<http://www.hinnantprosthetics.com>