



# Hinnant Prosthetics

*Experience Our Road to Prosthetic Excellence*

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## SUGGESTED WEARING SCHEDULE

### Initial Accommodation Schedule

To prevent skin breakdown or irritation, the number of minutes for wearing the prosthesis must be gradually increased. If no excessive redness is noted when the artificial limb is removed, increase the time it is on as follows:

1 <sup>st</sup> day:	15 minutes am; 15 minutes pm
2 <sup>nd</sup> day:	30 minutes am; 30 minutes pm
3 <sup>rd</sup> day:	45 minutes am; 45 minutes pm
4 <sup>th</sup> day:	60 minutes am; 60 minutes pm
5 <sup>th</sup> day:	75 minutes am; 75 minutes pm
6 <sup>th</sup> day:	90 minutes am; 90 minutes pm
7 <sup>th</sup> day:	105 minutes am; 105 minutes pm

**Continue to increase wear time by 15 minutes in the morning and 15 minutes in the evening until you are wearing your prosthesis the entire day.**

When the limb is removed, check the skin for redness, blisters, or open areas. If the skin is red when the prosthesis is removed, this redness should disappear or turn into a pink color in about 20 minutes. If the redness persists, time how long it takes to disappear. Do not use lotions, creams or powder on the skin as these agents soften the skin.

Call our office and explain the problem to us. The prosthesis may have to be re-adjusted. If a blister or skin breakdown is found, do not put the limb back on and do not break the blister open.

If no excessive redness is noted when the artificial limb is removed, increase the time you wear it by 30 minutes each day.

<http://www.hinnantprosthetics.com>