

Skin Checks

Frequent skin checks are an essential preventative measure for amputees to identify signs of irritation, pressure spots, or early skin breakdown before they become serious issues. Regular monitoring helps prevent infections and complications that can result from unnoticed cuts, blisters, or prolonged pressure, especially in areas hidden by the prosthetic socket. Maintaining healthy skin not only reduces discomfort and pain but also supports optimal limb health and ensures consistent, comfortable prosthetic use for improved mobility. Checking your skin daily, especially after extended wear or increased activity, can help catch problems early, keeping you active, independent, and safe.

Inspecting Residual Limb:

- Look at your limb at least **twice a day**, especially **before and after wearing your prosthesis**.
- Use a **mirror** to check hard-to-see areas, especially along the incision line.

Look for warning signs:

1. Redness
2. Warmth
3. Pain
4. Swelling
5. Pus or fluid
6. Bad smell

Inspecting Intact Limb:

Toe and Foot Care:

- Check your feet daily.
- Watch for ingrown toenails, tell your podiatrist if you see one.

Calluses, Corns, Blisters, or Sores:

- Check all areas of your foot, including between toes.
- Don't cut calluses. Watch them for signs of drainage.
- Cover blisters with a clean bandage.
- See a podiatrist for any skin issues.

This content is for informational and educational purposes only. It does not take the place of medical advice or treatment from a physical therapist or other healthcare provider. Please consult with a physical therapist or healthcare provider for specific health concerns or questions.