

Prosthetic care and maintenance



A four-part routine protects comfort, function, and confidence

1

Inspect

Look at your skin and the device before and after wear. Notice what changed.

2

Clean

Wash the skin-contact surfaces with the products and method your care team recommends.

3

Dry

Let liners and sockets dry completely before they touch the skin again.

4

Communicate

Report persistent redness, pain, looseness, noise, or performance changes early.

Healthy skin starts with a consistent before-and-after check

Every day

- A** Wash gently with mild soap and clean water.
- B** Dry thoroughly, including skin folds and the end of the limb.
- C** Use a mirror to inspect hard-to-see areas.
- D** Note redness, blisters, swelling, rash, drainage, odor, or new pain.



The liner must be clean, rinsed, dry, and smooth against the skin

01

Invert carefully

Expose the skin-contact surface without overstretching the material.

02

Wash gently

Use lukewarm water and a mild, skin-compatible soap. Avoid abrasive scrubbing.

03

Rinse completely

Remove all soap residue; residue can irritate sensitive skin.

04

Dry fully

Pat with a clean lint-free cloth, return to its normal shape, and air-dry.

Clean the interface— never improvise on electronics

Socket

Wipe the interior with a soft cloth, mild soap, and water. Remove residue and let it dry overnight.

Cosmetic cover and exterior

Use only products approved for the material. Keep abrasive cleaners and solvents away.

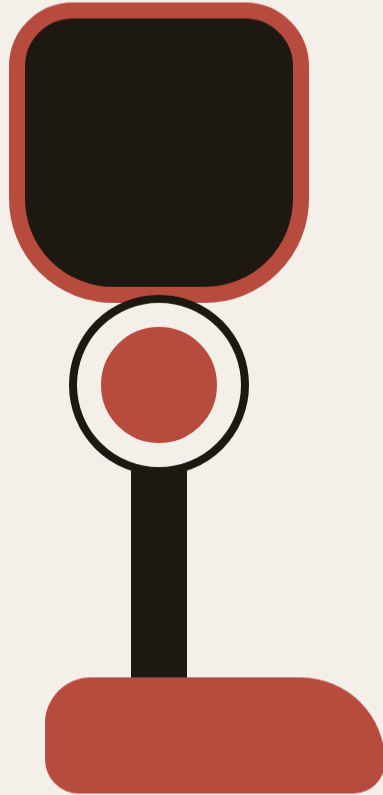
Electronic joints and powered components

Do not submerge or open the device. Use the exact cleaning and water-exposure rules in its manual.

A changing limb changes the socket fit



- **Too loose:** extra movement, pistoning, rotation, or reduced control.
- **Too tight:** pressure, pain, numbness, tingling, or difficult donning.
- **Sock ply:** add or remove only as your prosthetist taught you; wrinkles create pressure.
- **New pattern:** log the time, activity, sock setup, and skin response.
- **Persistent problem:** stop experimenting and schedule a fit check.



Inspect. Listen. Do not self- adjust.

Look

Cracks, loose straps, worn suspension, damaged footshell, exposed edges, or fluid leaks.

Listen and feel

New clicks, squeaks, wobble, resistance, loss of stability, or a change in alignment.

Act

Stop use when safety is uncertain. Never tighten alignment screws, open joints, or apply lubricant unless your prosthetist directs it.

Powered and microprocessor systems add a second care routine

01

Follow the exact manual

Charging, water resistance, temperature limits, service alerts, and safe modes differ by model.

Charge predictably

Use the approved charger, inspect the port, and confirm the device shows a complete charge.

Respect the environment

Keep the charger dry. Protect the system from conditions its rating does not cover.

Respond to alerts

Learn the meaning of beeps, vibrations, lights, and app notices before an urgent situation.

Keep service dates

Schedule manufacturer maintenance when the device or clinician indicates it is due.

Safe storage and travel prevent avoidable damage

At home

- Store clean and dry, away from direct heat and sunlight.
- Use a stable stand or padded location where the device cannot fall.
- Keep chargers, socks, liners, and tools together.
- Do not leave the prosthesis where children or pets can knock it over.

On the move

- Pack the approved charger and adapter in carry-on luggage.
- Bring spare socks, liners, wipes, and your care-team contact details.
- Protect the device from impacts, sand, extreme heat, and unapproved water exposure.
- Allow extra time for security screening and explain the device if asked.

Stop, inspect, and escalate when the pattern changes

- 1 Stop wear:** open skin, blistering, drainage, marked swelling, or severe pain.
- 2 Contact the clinic promptly:** persistent redness, repeated irritation, new numbness, or a suddenly poor fit.
- 3 Do not rely on the device:** instability, cracks, abnormal noise, leakage, or changed electronic behavior.
- 4 Seek urgent medical guidance:** fever, spreading warmth or redness, foul odor, pus, or rapidly worsening pain.



A simple calendar keeps small issues from becoming big ones

Daily

Skin and interface

- Inspect skin before and after wear
- Clean limb, liner, and skin-contact surfaces
- Dry everything fully
- Check fit, suspension, and battery

Weekly

Deeper review

- Inspect straps, sleeves, footshell, and charger
- Rotate and inspect liners
- Check supplies and care-kit inventory
- Review symptom and fit notes

Scheduled

Professional service

- Keep prosthetist follow-ups
- Follow manufacturer service intervals
- Book sooner after falls, damage, or new symptoms
- Ask about activity or shoe changes

A ready care kit turns the routine into a habit

Pack the essentials

- 1 Mild soap, clean lint-free cloth, and mirror
- 2 Approved liner and socket supplies
- 3 Spare socks or liner, as prescribed
- 4 Charger, cable, and protective bag
- 5 Care-team contacts and device details

Reference desk

Children's Healthcare of Atlanta
<https://choaib.staywellsolutionsonline.com/RelatedItems/3,88864>

OrthoIllinois liner guide
<https://www.orthoillinois.com/wp-content/uploads/2026/03/OP030-Prothetic-Liner-Use-and-Care-Guide.pdf>

U.S. Department of Veterans Affairs
<https://news.va.gov/105705/innovation-revolutionary-a-solution-to-prosthetic-socks-management/485>

St. Joseph's Prosthetic & Fit Center
<https://www.sjzpfcc.com/resources/care-amp-use-of-your-device.html>

Clean.
Check.
Protect.
Communicate.

