



Limbs 4 Life™
Empowering Amputees

Hygiene for Amputees



Clean skin
↓
Healthy stump
↓
Less pain
↓
More active

TURN OVER FOR FOR DAILY TIPS

Daily tips to keep you on the go.



DAILY

- Wash stump in soapy water, rinse and dry well
- Change stump socks and liners, more often in warm weather
- Wash stump socks and liners after use
- Wipe your socket with a clean damp cloth

PROTECT

- Dry your skin well before putting on your prosthesis
- Avoid wearing wet or damp socks and liners

SEEK

- Advice from your healthcare professional if you notice any changes to your skin

1300 78 2231 (Toll Free)
limbs4life.org.au
