



Limbs 4 Life™
Empowering Amputees

Skincare Tips for Amputees



CHECK your stump daily for marks or skin breakdowns using a hand mirror

STOP wearing your prosthesis if you have pain or discomfort

WEAR safe and comfortable footwear at all times

SEEK advice from your healthcare provider if you notice any changes to your skin

TURN OVER FOR SKINCARE CHECKLIST

**Don't wait until it's too late.
Act immediately.**



CHECKLIST

I need to seek medical attention if my stump:

- Has new red marks that do not fade after 15 minutes
- Is discharging blood, fluid or pus
- Temperature feels unusually cold or hot

I need to contact my prosthetist if:

- My prosthesis is not fitting properly
 - too tight/too loose
- My stump socks have worn thin/have holes
- My liner has started to tear/split/wear thin
- My prosthesis feels unsafe/unsteady
- My prosthesis sounds, feels, looks different
- My 12 month review is due

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