

Care of Your Stump



All people with amputations need to take special care of their stump (residual limb) and remaining leg but it is especially important if you have diabetes.

This leaflet has been written to give you advice about how to do this.

- It is important to keep your stump clean. Perspiration may build up causing little spots or rashes, which can get uncomfortable. You should wash your stump as often as required but at least daily. Dry your stump well after washing, especially before putting on your artificial limb (prosthesis).
- Every time you remove your artificial limb, carefully inspect your stump to check that there are no rubbed or sore areas. You may have reduced feeling in your stump and not realise when you have a sore area so it is worth getting into the routine of checking your stump regularly. If necessary, use a mirror to check the areas you cannot easily see. If you have any difficulty, ask someone to help you check.
- If you do discover a sore area, clean it carefully and apply a simple dry dressing and telephone the clinic to speak to the nurse for advice. You can also get in touch with your District Nurse or GP. Try to avoid wearing your artificial limb during this time as it may make the sore worse. It may be necessary to telephone the clinic receptionist to make an appointment with your prosthetist.
- If you find that the skin on the stump is very dry, apply a cream or lotion, such as Vaseline™ or E45™, at night.
- Stroking and handling your stump regularly will help your circulation and help you to identify any sore areas or changes.
- You should wear clean stump socks every day and make sure that there are no wrinkles or creases in the socks. Never mend or darn them as these seams can damage your stump.
- Sweating is common and is normal. However, if this is causing a problem, talk to the nurse or your prosthetist. They will be able to recommend suitable antiperspirants and how to use them on your stump.