Wrapping your limb will reduce swelling and prepare the limb for a prosthesis.

Remember:

- Keep your limb wrapped during the day. If it is comfortable, keep it wrapped at night as well.
- Be sure to use a clean wrap every day.
- Avoid wrinkles in the bandage. These may irritate your skin.
- You should re-wrap your limb every 3 to 4 hours while awake, or more often if it gets loose. Check your skin each time.
- Your bandage should not cause pain. If it does, remove and re-wrap the bandage.
- When using an Ace bandage, always wrap in a diagonal direction. This will ensure good blood flow. As you wrap, make sure that the bandage puts firm pressure on the end of your limb. The bandage should have less pressure as it moves up the limb.
How to wrap an Ace bandage

**Step 1**
Start the bandage right below the knee.

**Step 2**
When wrapping the end of the limb, use a figure-8 pattern: wrap toward the inside of the limb, and then toward the outside of the limb. This helps prevent creases from forming in your scar.

**Step 3**
As you move up the leg, wrap the bandage above the knee.

**Step 4**
Make at least one turn above the kneecap. Then, wrap the bandage below the knee again.

**Step 5**
If you have extra bandage, finish wrapping over the end of the limb. Tape the bandage in place. Never use safety pins.
Skin care

To keep your skin from breaking down, it is important to use proper skin care and hygiene.

- Keep your skin clean and dry. Wash the limb daily with mild soap and warm water. Rinse well, and then dry gently.

  **Tip:** You may want to shower at night. This way, your skin will be dry in the morning before you put on your prosthesis.

- Do not soak or shave the limb.

- Watch for signs of infection. These include redness, warmth and increased swelling.

- Check both legs each night for open sores and blisters. If you notice skin problems, call your doctor at once.

Cleaning your wraps

Wash your wraps by hand with mild soap. Rinse well. Roll the wraps in a towel to remove the extra water, then lay them flat to dry.

- Don’t wring the water out of the wraps or put them in a dryer.

- Don’t place the wraps in direct heat or sunlight.

- Don’t hang the wraps to dry.
Daily care checklist

Dates:

Skin care

Wash your limb in the evening

Check skin for signs of infection

Wrapping

Wear an Ace bandage or a shrinker all day

Re-wrap often

Cleaning wraps

Wash daily

Positioning and exercises

Check position often

Do your exercises once a day