



Instructions for Transfemoral Amputees Using Suction Suspension

Application:

- Remove compression sock if worn over night.
- There are several ways to don (apply) a suction socket. You and your prosthetist will decide which way is best for you.
 - **Pull Sock:** Use a cotton stockinette pull sock that is two to three times the length of the residual limb. Pull the sock over the limb all the way up to the groin area. A long length of sock will be remaining at the end of the limb. Push the remainder of the sock through the valve hole at the bottom of the prosthetic socket while pushing the residual limb into the socket. Begin pulling the end of the sock through the valve hole. The wearer must alternate between lifting up and pushing down while pulling the sock through the valve hole. Gradually, the pull sock will have pulled all the way through the valve hole and the residual limb will be all the way into the socket. While keeping weight on the prosthesis, the valve is then inserted into the valve housing.
 - **Ace Bandage:** Using a 4"x 5' ace bandage, start wrapping the bandage from the top of the residual limb using moderate pressure and overlapping approximately half of the preceding wrap. After wrapping the entire limb, a length of ace bandage will be remaining at the bottom of the limb. Push the remainder of the bandage through the valve hole at the bottom of the prosthetic socket while pushing the residual limb into the socket. Begin pulling the end of the bandage through the valve hole. The wearer must alternate between lifting up and pushing down while pulling the bandage through the valve hole. Gradually, the bandage will have pulled all the way through the valve hole and the residual limb will be all the way into the socket. While keeping weight on the prosthesis, the valve is then inserted into the valve housing.
 - **Donning Sleeve:** This is a cone shaped sleeve made out of a slippery material that is similar to parachute material. Insert the residual limb into the sleeve up to the groin area. Pull the tail of the sleeve through the valve hole in the bottom of the socket while pushing the residual limb into the socket. Begin pulling the end of the tail through the valve hole. The wearer must alternate between lifting up and pushing down while pulling the sleeve through the valve hole. Gradually, the sleeve will pull completely through the valve hole and the residual limb will be all the way into the socket. While keeping weight on the prosthesis, the valve is then inserted into the valve housing.
- **With all three methods, be sure to check for total contact at the bottom of your prosthesis.** To do this once you are pulled in and prior to inserting the valve, place your finger in the hole to make sure your limb and skin are touching the bottom of the socket.

Removing the Prosthesis:

- Remove valve from the housing, allowing for a loss of suction. Then remove your limb from the prosthesis.

Skin Maintenance:

- **Check the skin** once the prosthesis is removed for any signs of redness, blistering or bruising. Any skin issues that do not go away within 30 minutes of taking the prosthesis off needs to be inspected by your prosthetist. Modifications to your socket may be required.

If at any time you have questions or concerns, please contact your prosthetist.



Care Instructions for your AK Prosthesis

Insert Care:

- **Silicone Liner** – You are required to clean your liner daily in order to reduce germ and residue buildup, and it is recommended to rotate between liners helps to lengthen their life span.
 - **Daily regimen:**
 - Turn the liner inside out and wash with warm water and a mild soap. Be sure to rinse the liner thoroughly and wipe clean with a lint free cloth. Turn liner right side out and hang or lay flat to dry.
 - **Weekly regimen:**
 - Turn the liner inside out and spray with rubbing alcohol. Wipe the liner clean with a lint free cloth and hang or lay flat to dry.

Prosthetic Socks and Shrinker Care:

- **Prosthetic Socks** – It is recommended to apply clean prosthetic socks daily inside your prosthesis. Socks can be machine or hand washed with a mild soap and machine dried or allowed to hang dry.
- **Shrinkers** – Compression socks may be hand or machine washed with a mild soap and may be machine dried or allowed to hang dry. You will find the manufactures specific care instructions on the package.

Prosthetic Socket:

- The inside of your prosthetic socket should be sprayed with alcohol weekly and wiped clean with a clean cloth. If at any time your socket receives any type of damage, please call your prosthetist immediately for inspection.
- If your prosthesis has a locking mechanism, be sure to keep the lock clean and free of debris which could cause a lock failure. Keep your prosthetic socks in good condition; any frayed edges around the pin hole can interfere with your lock functioning properly.

Prosthetic Knee:

- It is important to keep all debris, water, and other lubricants away from the prosthetic knee. If at any time you notice loose set screws or bolts, bring it to your prosthetist's attention immediately.

Prosthetic Foot:

- It is recommended to remove your sock and shoe weekly to inspect the prosthetic foot for any debris that may cause excessive wear.

If at any time you have questions or concerns, please contact your prosthetist.