

Rigid removable dressing



For more information

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If you do not speak English, request an interpreter from SA Health and the Department will make every effort to provide you with an interpreter in your language.



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Removable Rigid Dressings

Removable rigid dressings (RRD) are used to shape and protect your stump.

Your surgeon or prosthetist will mould a plaster or fibre-glass material on to your stump to make an exact fit of the shape of your stump. Once it has set hard it will protect your stump from any accidental bumps and will be held in place by stump socks and a strap.

You need to wear your RRD all the time. It can be removed to change dressings on your wounds or for cleaning your stump.



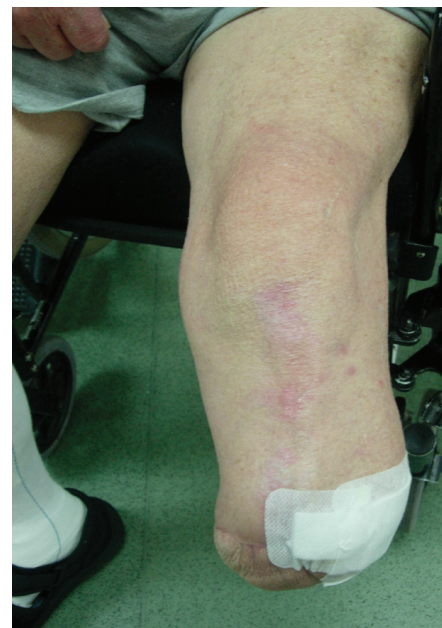
If you still have a dressing on and are not allowed to get your wounds wet, leave your RRD in place for showering. During showering the RRD must be protected with a plastic bag tapped securely around the thigh. If it does get wet, dry it as much as possible with a towel. Do not attempt to dry with a hairdryer or place it near a heater.

If you remove your RRD to wash your stump in the shower, only take it off when you are sitting on your shower or bath board. Make sure you reapply the RRD prior to trying to stand up again. Make sure your RRD is placed in a dry place while you are doing this as it will be damaged if it gets wet.

Putting on your RRD

Prepare your stump

Make sure your skin is clean and dry and that any open wound is covered with a dressing. If any areas of skin become red or sore report these to your treating team.



Appropriate dressings applied to the skin in preparation for wearing a RRD

Putting on stump socks

You should put your socks on one at a time, smoothing out the wrinkles in each one as you go. Make sure there is no extra material around the end of your stump or behind your knee. Wrinkles and fabric bumps may put pressure on your stump when the RRD is on which can be uncomfortable and may damage your stump.



Stump socks poorly applied



Stump socks applied well

The sock worn against the skin should be applied clean each day, especially in the presence of any wounds to prevent infections.

As the swelling in your stump subsides you may need to put more socks under your RRD. Talk to your treating team if your RRD feels loose.

Notes

Important reminders

Do not

- > Leave your RRD on any heat sources or dry it with a hair dryer or heat gun
- > Get your RRD wet
- > Put your RRD on with wet socks.

Do

Contact your prosthetist or doctor immediately if you experience any irritation or pressure from your RRD or notice any damage to your RRD (or securing straps).

Putting on the RRD

To put on your RRD, gently slide it on to your stump, over your socks. Take care to line the centre of your knee cap up with the centre of the indent on the front of your RRD. You can draw a mark on the outside of your RRD to help you line it up correctly if you need to.

If you do not line your RRD and knee cap up properly it may be uncomfortable, put pressure on your stump and damage your skin.



Lining up the RRD correctly



Pulling up the outer sock

Make sure the RRD is pulled all the way on.

If the RRD is fitted correctly you should feel gentle pressure on the end of your stump.

To finish, pull your outer stump sock over your RRD and above your knee cap. Smooth out any wrinkles around your thigh, particularly at the back of your knee.

Securing the RRD

Your RRD should be secured with the strap provided. Wrap the strap around your leg, over the top of the sock and above the knee cap. Make sure the pad on the strap is placed above your knee cap and do it up firmly.



Securing the RRD with its strap

Caring for your RRD

The RRD should be wiped over regularly, inside and out, to ensure it remains clean.

Things that will damage your RRD include:

- > dropping it
- > getting it wet
- > leaving it near a heat source

So try and avoid these.

Caring for your socks

- > The sock worn against your skin should be washed each day.
- > Wash your socks in mild detergent and water – rinse them thoroughly to remove soap residue.
- > On hot days you may need to change your socks more regularly.

Caring for your straps

Clean the fabric straps regularly using mild detergent and water – rinse them thoroughly and leave them to dry naturally.

Important things to remember

- > Do not leave the RRD off for longer than 10 minutes as your stump may swell and you may not be able to fit the RRD back on.
- > Keep the limb elevated at all times.