

Physiotherapy department

Care of your stump / residual limb

This leaflet explains more about looking after your remaining foot after amputation.

If you have any further questions or concerns, please speak to the doctor, nurse or physiotherapist caring for you.

Daily checks

It is important that you take care of your amputation stump to prevent any problems occurring. The following checks should be carried out daily.

- Inspect the skin on your stump. Look for redness, blisters, rashes or markings.
- Use a hand mirror to inspect the back of your stump.
- You will see marks that your socks have made, but this should disappear after taking your prostheses off, though it may take a few minutes.
- Do not use creams or soaps that are highly perfumed as they may cause skin irritation.
- Wash your stump and towel dry. Make sure that you dry into any skin folds or creases.
- Do not use talcum powder as this can cause problems with overly dry skin.

After I leave hospital

It is important that you continue to use these instructions in order to maintain a healthy stump/residual limb and help prevent any further problems.

What should I do if I have a problem?

If you discover any areas of redness, bruising or skin breakdown you should contact either the staff looking after you in hospital or if you have been discharged, your GP or prosthetist.

Contact us

If you have any questions or concerns about your stump, please contact **Matthew Fuller** on **020 7188 3026** and ask for **bleep: 1375. Monday–Friday, 9am-5pm.**
Out of hours, please contact your GP.

Useful sources of information

Pharmacy medicines helpline

For information about any medicines that you have been prescribed at Guy's and St Thomas' hospitals, you can speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

t: 020 7188 8801 at St Thomas' **t:** 020 7188 8803 at Guy's **e:** pals@gstt.nhs.uk

Knowledge & Information Centre (KIC)

For more information about health conditions, support groups and local services, or to search the internet and send emails, please visit the KIC on the Ground Floor, North Wing, St Thomas' Hospital.

t: 020 7188 3416

Language support services

If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.

t: 020 7188 8815 **fax:** 020 7188 5953

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk