

Juzo and Otto Bock Compression Socks

Please wear the sock/s all day

This will help to reduce any swelling within your stump; it will support your stump and should make it feel more comfortable. In some cases you will be advised to wear the sock day and night.

Remove the sock at bedtime to wash your residual limb

This is a good time to check your skin for redness, rubbing or sore areas. If you find any, leave the sock off and contact your GP or district nurse.

Please remove the sock if 'pins and needles' start, replacing it after an hour.

It could be that wearing something fitted over your stump feels strange but the 'pins and needles' sensation may stop so it is worthwhile trying the sock on again. The sock may feel tight, particularly at the end of your stump, but it should also feel supported and comfortable. If the 'pins and needles' continue then leave the sock off and let your limb fitting centre or physiotherapist know.

If you experience pain whilst wearing the sock, remove it and try replacing it when the pain has gone.

The pain could be a normal pain related to your surgery. You should continue with your painkillers. If you feel it is related to wearing the sock, then do not leave it on hoping that it will settle. Take it off and leave it off and we will check it when you next attend your limb fitting centre or physiotherapist. If the pain persists, please call your GP.

If you are not coming for a while, then telephone us on the number below for advice. If you notice that the sock is no longer fitting snugly, or it becomes damaged, please contact your limb fitting centre or physiotherapist.

Keep the sock well pulled up

Make sure there are no wrinkles and that there is contact with the end of your stump.

Your sock can be washed

It can be washed by hand or in a machine on a 40°C cycle. It is best left to dry naturally as heat may damage the sock. Use soap flakes. Do not use Bio powder. Rinse well.

Do not wear the sock with your artificial leg (unless advised by us to do so).

You will be given special socks by your prosthetist to use with your artificial limb.

Sources of information

If you have any problems, please contact the Physiotherapy Department at:

Conquest Hospital

Sarah Underwood, Team Lead Physiotherapist, Tel: (01424) 755255 ask for Bleep 2674 OR leave a message for the Amputee Service on (01424) 758122.

Eastbourne District General Hospital

Sarah Underwood, Team Lead Physiotherapist, Tel: (01323) 417400 and ask for Bleep 0146 – 9.00am – 1.00pm, Monday, Tuesday, Thursday or Friday. OR
Physiotherapy Reception 01323 414936 to leave a message for the Amputee Service - Monday to Friday 11.00am to 3.00pm.

Sussex Rehabilitation Centre, Brighton

Telephone (01273) 674391 asking for the Limb Fitting Centre.

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments please contact our Patient Advice and Liaison Service (PALS) – details below.

Hand hygiene

The trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

This information is available in alternative formats such as large print or electronically on request. Interpreters can also be booked. Please contact the Patient Advice and Liaison Service (PALS) offices, found in the main reception areas:

Conquest Hospital

Email: esht-tr.palsh@nhs.net - Telephone: **01424 758090**

Eastbourne District General Hospital

Email: esht-tr@palse@nhs.net - Telephone: **01323 435886**

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:

Donna Gurr, Team Lead Physiotherapist, Eastbourne District General Hospital
Nicola Becvar, Team Lead Physiotherapist, Conquest Hospital

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