

## Stump Care



# Stump Care

This leaflet is part of a series produced by Blesma for your general information. It is designed to give you some information about how to care for your residual limb (or stump), and has been developed by bringing together many years of Members' experiences.

It is important to keep the skin on the surface of the stump clean to reduce the risk of the skin becoming irritated or infected.

The stump should be washed at least once a day (more frequently in hot weather) with a mild antibacterial soap and warm water, before being dried carefully.

The stump should not be left submerged in bath water for long periods of time because the water will soften the skin on the stump, making it more vulnerable to injury.

Using non-medicated talcum powder, such as baby talcum powder, is an effective way to help reduce perspiration around the stump.

Some people find that wearing one or more socks around their stump can also help absorb perspiration and reduce skin irritation. As the size of the stump may change during recovery as swelling goes down, the number of socks needed may vary. However, it is important to change the socks every day to maintain a hygienic environment.

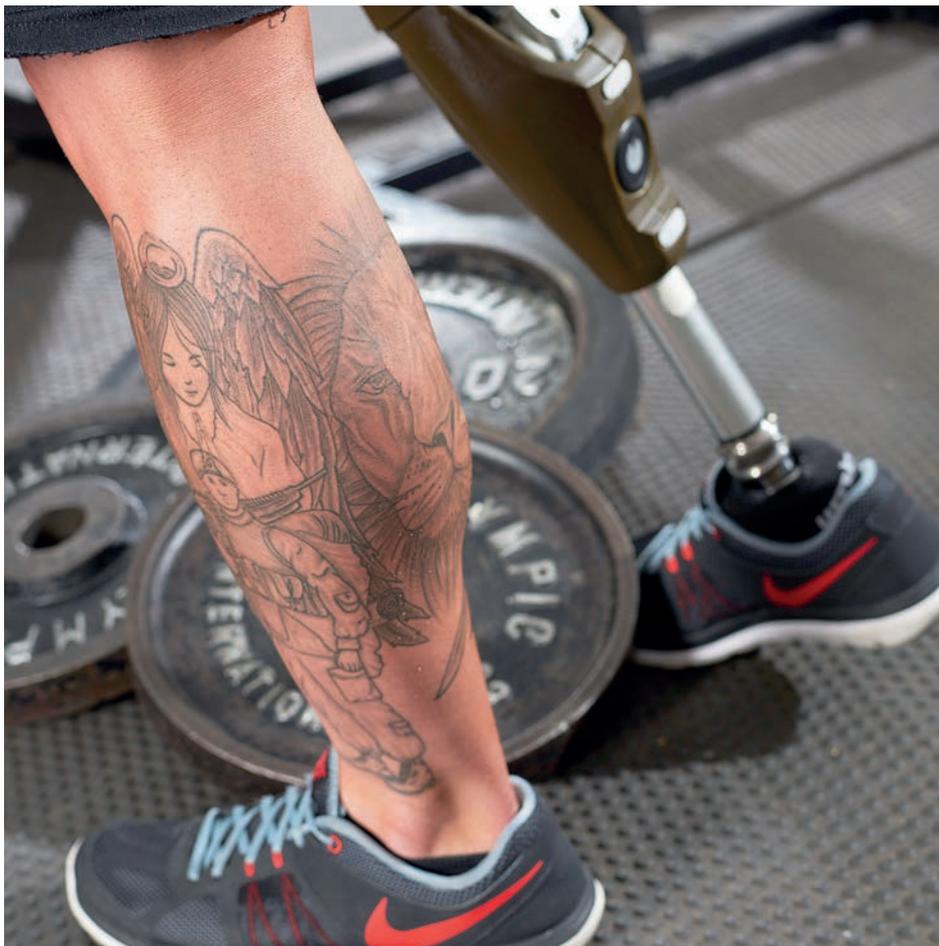
Those who use a prosthetic limb should also clean the socket regularly with soap and warm water.

The stump should be checked carefully every day for any sign of infection such as:

- **warm, red and tender skin**
- **discharge of fluid or pus**
- **swelling of the skin**

Anyone worried about developing a skin infection should contact their care team for advice.





## Care of the Remaining Limb

After losing a leg, it is very important to avoid injury and damage to the remaining 'good' leg, particularly if the patient is diabetic, as the conditions that led to the need for amputation may also be present in the remaining leg.

Poorly fitting footwear should be avoided, and an appropriately trained individual (such as a chiropodist) should be involved in nail care and other aspects of the care of the remaining foot.

This is the fifth in a series of six leaflets about the British Limbless Ex-Service Men's Association, or Blesma, The Limbless Veterans as it is normally known. The other leaflets in the series are:

- 1 Introduction and General Information
- 2 Amputation Explained
- 3 NHS Limb Service and Prosthetic Information
- 4 Phantom Limb Pain
- 5 **Stump Care**
- 6 Wellbeing

All these leaflets can be downloaded from [www.blesma.org/leaflets](http://www.blesma.org/leaflets)  
If you prefer, you can receive hard copies by calling **020 8590 1124**  
or by emailing [chadwellheath@blesma.org](mailto:chadwellheath@blesma.org)

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