

Becoming a Successful Amputee

The key to getting back your lifestyle after amputation is to take it one moment at a time and enjoy little accomplishments along the way. Here are a few helpful tips to help you during this time.



PROTECT YOUR LIMB

This is an important part of the healing process. The use of a limb protector will help control swelling and help to prepare you for your first prosthetic fitting.

PRIORITIZE SKINCARE

Once bandages are removed, inspect your skin every day using a mirror to assist you. Monitor your skin temperature and color. Look for signs of blisters, sores, or cuts. If you notice any changes to your skin, notify your care team immediately.



ADDRESS PHANTOM PAIN

Phantom pain after amputation is common. It has been described as cramping, aching, burning, or a shock-like sensation. There are many solutions that may help. Talk to your physician and they can recommend the best treatment plan for you.

STAY FLEXIBLE

Your leg muscles can tighten up after an amputation, which can make it harder to walk with your prosthesis. Stretching every day or as directed by your care team will help you stay flexible.



For more resources on adjusting to life with limb loss, scan the code or visit [HangerClinic.com/LimbLoss](https://www.hangerclinic.com/LimbLoss).

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COMPLETE PHYSICAL THERAPY

Physical therapy exercises help with recovery by making you stronger and more mobile. This will improve the ease of day-to-day activities such as moving from the bed to a chair, getting to the toilet or shower, learning to use crutches or a wheelchair, and walking.



ASK QUESTIONS

Your care team is there to support you. Ask questions and speak your mind so you can discuss issues and options together.

THINK POSITIVELY

Be patient with yourself and stay positive. Set small goals, work up to more difficult ones, and acknowledge your success by celebrating. Let the small wins motivate you to keep moving forward.



EDUCATE YOURSELF

Take your time and learn about the parts of a prosthesis. Find a prosthetist who will take the time to listen to you, understand your frustrations, and help you achieve your goals.

SPEND TIME ON YOUR HEALTH

Focus on your health by monitoring your blood sugar, blood pressure, cholesterol, and weight. If you are diabetic, take your medications as directed and monitor what and when you eat.



MEET OTHER AMPUTEES

Find inspiration and support from others who have faced similar challenges. Ask your doctor or prosthetist where you can meet and talk with other amputees.



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