Do you want to know?

Amputation

K01
sheet 1/1

What is it?

It is the surgical removal of the limb due to trauma or circulatory impairment (gangrene).

What do you need to know?

Drugs

Take medications (most commonly sedatives and pain killers) as ordered by your physician to control your pain or if you experience phantom pain. Phantom pain is a normal perception of the missing extremity that almost all patients with an amputated extremity feel.

Diet

- Follow a diet adequate in proteins and calories for healing.
- Avoid gaining weight if activity is restricted.

Activity

- Support the remaining part of the amputated extremity (stump) on a pillow for the first 24 hours to reduce swelling. Remove pillow after 24 hours to prevent tightening of the muscles (contracture).
- Continue prescribed exercises to prevent weakness of joints.
- Upon the physician's request, the physical therapist will :
  - Help you start moving your extremities
  - Educate you about the specific care and precautions related to your stump (swelling, circulatory problems…)
  - Provide you with tailored exercise programs in order to strengthen your muscles and prevent any deformity
  - Help you gain independency

Therapeutic Measures

- Wear woolen stump socks over the stump for cleanliness, comfort, and prevention of swelling.
- Clean the socket of the artificial extremity daily by using a damp, soapy cloth. Dry the prosthesis socket thoroughly.
- Clean wound site as instructed by your nurse.

Considerations

- Report any chest pain. A blood clot in the lungs (pulmonary emboli) might be a complication.
- Report any signs of bleeding or oozing from the amputation site.
- Continue follow ups with your physician and physical therapist.

INSTRUCTIONS

The content of this educational leaflet is of general information. Ask your physician or health care provider if this content applies to you.

Prepared by the Nursing Services in coordination with other health care disciplines.

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