



Wear Schedule for New Prosthetic Device

Congratulations on receiving your new prosthesis! It is important to gradually increase your wearing time in order to “break in” the prosthesis. Because this is a new device, your residual limb will need to get used to the new pressures that are applied to it. By gradually increasing your wearing time, your limb can gradually get used to the device and any issues can be caught before problems arise. This is especially important if you are a diabetic or if your skin is sensitive or compromised.

On the first day you receive the prosthesis, you should begin by wearing it for only 60 minutes. After the 60-minute period, remove the prosthesis and examine your limb. Some red marks are expected in locations where your residual limb can tolerate pressure. These red marks are not a concern and should go away within 20 to 30 minutes of removing the prosthesis. If there are red marks that do not go away, bruising, blisters, or abrasions, **do not put the prosthesis back on until you talk to your prosthetist**. If you have a **shrinker, it should be worn at all times when the prosthetic device is not being worn**.

If there are no problems, on the second day the wear time can be increased to 90 minutes (1.5 hours). Again, examine your residual limb every time you take the prosthesis off.

If there are no problems, the wearing time can be increased daily. On the third day wear the prosthesis for 120 minutes/2 hours, on the fourth day wear the device for 150 minutes/2.5 hours, and so on.

This schedule is a guideline. *It may vary depending on the integrity of your residual limb. If this is your first prosthesis, and your general health is poor, please discuss the best wearing schedule for you with your prosthetist.*

Prosthetic Wear Schedule for New Prosthetic Device	
Day 1	60 minutes/ 1 hour
Day 2	90 minutes/1.5 hour
Day 3	120 minutes/2 hours
Day 4	150 minutes/2.5 hours
Day 5	180 minutes/3 hours
Day 6	4 hours
Day 7	5 hours
Day 8	6 hours

*If you see **any redness, bruising, blistering, abrasions, etc.** Do not put the prosthesis on and **regress (go backwards)** on your wear schedule to the prior.

Example: you wear your prosthetic leg on Day 2 for 60 minutes/1 hour, after you take it off, you are slightly bruised and sore, regress to the wear schedule for day 1 and immediately contact your therapist/prosthetist. *