

## Removable Rigid Dressings / Rigid Casts

### Patient Information

You have been fitted with a Removable Rigid Dressing. They are fitted for two main reasons:

- To reduce the swelling in your residual limb
- To protect your residual limb from trauma in the case of a fall or knock

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The cast may also help to:

- Reduce your pain and prevent stump complications
- Reduce the time between amputation and fitting an artificial leg
- Reduce your hospital stay
- Improve your confidence with walking / hopping
- Prevent de-conditioning and muscle weakness by allowing you to progress more quickly through your rehabilitation.

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In order to get the maximum benefit from the cast you should:

- Wear the cast at all times (day and night) except when the dressing is being changed or when you are having a wash.
- **ALWAYS have your cast on for ALL transfers and mobility**
- Keep your leg elevated on a stool when sitting out of bed
- Alert staff when the cast becomes slightly loose or is causing pressure areas on your residual or intact lower limbs
- **Do not remove the cast for longer than 10 minutes at a time**

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If you notice any of the following symptoms or problems related to wearing the cast, please alert one of the members of staff:

- Pins and needles or numbness not present before
- Pressure areas on either your residual limb or your intact limb
- The cast feels too loose
- Your residual limb isn't fitting all the way into the cast
- The cast is causing you pain

## The cast should be applied in this manner:

1. Ensure the appropriate dressings have been applied



2. Apply the correct number of stump socks – there should be no wrinkles in the socks.



3. Apply the cast over the top of the socks, making sure the “FRONT” indicator on the cast is in the correct position on the front of your leg.



**\*\*\* Note: If the cast remains loose, an extra stump sock may be required \*\*\***

Stump socks under the RRD/cast must be removed and washed regularly.



4. Pull the elasticised sock up over the cast and limb. There should be no wrinkles in this sock either. Do not double this sock over.

