



# 9870 2284

Please call if you have any questions or require an appointment

Individual Client Notes

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**Costs and invoicing**

The service provided today will incur a cost. These will have been discussed with you if they are not covered by the hospital or a 3<sup>rd</sup> party funding body like TAC or Work cover.

An invoice will be sent to the address provided at the consultation. Payment details can be found on the invoice.

*Please call if you are having trouble paying the invoice.*



**It is important that you attend any review appointments. If you are having any problems with your Orthosis, we may be able to fix it at your appointment.**

Rev 9.7.2020



Quality ISO 9001

SAI GLOBAL

# RIGID REMOVABLE DRESSING (RRD)

You have been fitted with an **Removable Rigid Dressing**. Correct use is important for the best result and your safety. Please note your prosthesis is for your use only.

### How to put on your RRD

It is important that you wear your RRD correctly.

1. Apply the thick white sock to your residuum over minimal dressings. Make sure there are no wrinkles in the sock.
2. Slide the RRD gently over the outside of the white sock, making sure the front is in line with your knee as marked.  
Note: If the RRD feels loose, remove and add another white sock underneath before re-applying
3. Pull the outer thin sock over the RRD and up to mid-thigh level
4. Place the thigh cuff around your thigh above your knee cap to secure your RRD in place.
5. Fold the sock back over the thigh cuff to ensure the RRD is held firmly in place

### Wearing your RRD

It may take some time to get used to wearing your RRD. The RRD is to be worn at all times except for hygiene purposes and wound inspection

- ✓ **Do** keep your knee fully extended when sitting or lying down to avoid tightening of your hamstrings
- ✓ **Do** contact your orthotist if you are unable to wear your RRD
- ✗ **Do Not** hang your leg down when sitting as this will cause fluid to drain into the residuum/stump resulting in the leg swelling
- ✗ **Do Not** wear your RRD in water.

**NOTE: A delay in re-application of the RRD may result in swelling of your residuum/stump and difficulty in fitting the RRD. Do not remove the RRD from the residual limb for longer than 10 minutes at a time. If you are unable to reapply the RRD after it has been off, elevate your leg and contact your Orthotist/Nursing Staff**

### Problems?

If any of the following occur, remove your RRD and contact your doctor immediately:

- Odour from the suture/wound site
- Rapid increase in swelling of your residual limb
- Redness or discharge from the suture site
- Significant increase in pain in your residual limb
- Signs of a fever or temperature



### Cleaning

The wound dressing is to be changed as per surgeon/nursing staff instructions

- ✓ **Do** remove once a day to check the skin on your stump
- ✓ **Do** change thick white sock daily and hand wash the sock after each use
- ✓ **Do** remove the RRD once a day for inspection
- ✗ **Do Not** let moisture or water sit in your RRD
- ✗ **Do Not** place additional dressings or items into your RRD

**Contact Head To Foot Orthotics immediately** if you notice redness, broken skin or increase discomfort