Transtibial Protector Instructions

Your protector will serve two functions: Protection of your residual limb
Reduction of swelling (edema)

Order of Application

1. **Apply non-stick gauze** over the incision or any open areas on your residual limb.

2. **Apply lamb's wool** over your kneecap (patella), shin (tibia), and the end of your residual limb. This will protect the front of your leg.

3. **Apply a nylon sheath**. This will hold the non-stick gauze and lamb's wool in place and reduce friction on your skin.

4. **Apply compression**:
   Compressive stockings: This usually consists of two elastic stockings of differing lengths. The longer stocking should be applied first, then the shorter.
   OR
   Ace bandage: the bandage should be applied in a figure of 8 pattern as instructed by your prosthetist or physical therapist.

5. **Apply spacer socks** next. These stockings come in a variety of thicknesses referred to as "sock ply." Using these will ensure the protector is snug against your residual limb. You may start with 1-2 thin socks. As the swelling (edema) in your residual limb decreases, you may need to add more ply of sock to take up the extra space in the protector.

6. **Apply the protector** (hard outer shell) to your limb. The front of the protector is labeled with an "F." Make sure this corresponds with the front of your limb. The protector should fit all the way up to your kneecap (patella). Once in place, pull the elastic stocking onto your thigh to hold the protector in place.

7. **Removal and reapplication of the protector should be done every 4 hours during the day. Your protector should be left on at night.** While the protector is off, inspect your limb for any redness or irritation. If red areas persist, contact your physician, nurse, physical therapist, or prosthetist.