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Below Knee Removable Rigid Dressing (RRD) Sock Ply Fitting Instructions

1. Always wear clean, dry socks to prevent blisters, fungus or bacterial infections
2. Always put on your socks one at a time to reduce possibility of wrinkles in the socks which can cause blisters to form?
3. Change socks daily in case you need to adjust your fit whenever you are away from home.
4. Check sock fit every time you put on your RRD. Your limb may have changed since you last put your prosthesis on due to position of your limb prior to donning. Diet and the time of day could affect fit.
5. Typically you should feel firm consistent pressure over entire residual limb.
6. IF you 'feel loose' adjust sock fit by adding a sock: start by adding a 1ply sock and continue to add as needed.
7. **IF you feel excessive pressure along the shaft of the Shin bone or if the RRD prosthesis 'feels too tight' Adjust sock fit by taking OFF a sock: start by removing 1 ply at a time, continue until the prosthesis 'feels as it usually does.**

When the **Removable Rigid Dressing** is removed, check the skin for redness, blisters, or open areas. It is normal for the skin to be pink when the **RRD** is removed, this light redness should disappear in about 5 minutes. Do not use lotions, creams or powder on the skin in the **RRD** (unless instructed by a Physician) as these agents can soften and/or dry out your skin. If heavy redness persists longer than 6 minutes, blisters occur or skin breakdown is found as a result of wearing the **RRD**, call Powell Orthotics & Prosthetics **(804-649-9043)** immediately and we will schedule a prompt appointment to address problems. The **RRD** may have to be re-adjusted via modification, reconstruction or proper prosthetic sock regulation. Proper daily regulation of socks play a vital role in proper **RRD** fit.