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Removable Rigid Dressing Wearing Protocol (RRD)

The Removable Rigid Dressing should be worn continuously for maximum protection of the new amputee against falls, knee flexion contractures and excessive post-op edema. The **RRD should NOT be left off for more than 20 minutes unless pressure areas are noticed!**

INITIAL FITTING DATE: _____ (*schedule will start from this date*)

- A) Day 1 to 4:** The limb should be checked regularly **every 4 hours**. Keep in mind the **RRD** was made over gauze and bandaging to cover the sutures. Future bandage changing should not be any thicker than what is removed. The **RRD** should fit snugly to control edema. Adjust fit with prosthetic socks as needed.
- B) Days 5 to 10:** The limb should be checked regularly **3 times per day**. The limb should start to be less sensitive and begin to shape. Sock fit is important to avoid pressure areas and maintain compression on the limb.
- C) Days 11 to 15:** The limb should be checked **twice a day**. The limb will continue to shrink and sock ply adjustment may be necessary as the day progresses. Your surgeon/doctor may remove the sutures during this period. Keep in mind if the sutures are no longer being bandaged, the sock ply will need to be increased to accommodate. Only clean, dry socks should be applied to your limb when fitting the **RRD**. The **RRD** may be removed for ROM, strength and contact desensitization exercises, but must be re-applied when the session is complete.
- D) Days 16 to 28:** The limb should be checked **twice a day**. The limb will continue to shrink and sock ply adjustment may be necessary as the day progresses. The **RRD** may be removed for ROM, strength and contact desensitization exercises, but must be re-applied when the session is complete. Your surgeon/doctor has most likely removed the sutures by this point in time and the prosthetic socks should be checked for any residual drainage. Only clean, dry socks should be used when the **RRD** is applied.
- E) Days 29 +:** The patient should be ready to start the prosthetic evaluation and fabrication process and will continue to wear the **RRD** as in **D)** above. Your Prosthetist may fit you with a shrinker to wear instead of the **RRD** at this time.

If you have any questions or concerns please call: Joe Sullivan, CP., Michael Monteiro, CP at 804-649-9043.