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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.**



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## 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. This will reduce the 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'** in the **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 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.

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