

MAJOR AMPUTATION

DISCHARGE INSTRUCTIONS

When you get home after your procedure, do the following:

- Rest quietly on the day of discharge
- Do things that will help you get stronger and do your daily activities such as bathing and cooking. You should try to do as much as possible on your own.
- When you are sitting, keep your stump straight and level. You can put your stump on a padded board to keep it straight when you are sitting. You can also lie on your belly to make sure your leg is straight. This can help keep your joints from getting stiff.
- Try not to turn your stump in or out when you are lying in bed or sitting in a chair. You can use rolled up towels or blankets next to your legs to keep them in line with your body.
- DO NOT cross your legs when you are sitting. It can stop the blood flow to your stump.
- You may raise up the foot of your bed to keep your stump from swelling and to help ease pain. DO NOT place a pillow under your stump.

Important

- Keep your wound clean and dry unless doctor has advised it is OK to get it wet. Clean the area around the wound gently with mild soap and water. DO NOT rub the incision. Allow water to flow gently over it. DO NOT take a bath or swim.
- After your wound is healed, keep it open to the air unless the doctor or nurse tells you otherwise. After dressings have been removed, wash your stump daily with mild soap and water. DO NOT soak it, dry well.
- Inspect your stump everyday. Use a mirror if it is hard for you to see all around it. Look for any red areas.
- Wear your elastic bandage all the time. Rewrap it every two (2) to four (4) hours. Ensure there are no creases in it. Wear your stump protector whenever you are out of bed.

- Tapping along the scar and in small circles along the stump if that is not painful.
- Rubbing the scar and stump gently with linen or soft cotton.

Lie on your stomach 3 or 4 times a day for about 20 minutes. This will stretch out your hip muscle. If you had a below-the-knee amputation, you may put a pillow behind your calf to help straighten your knee.

Practice transfers at home.

- Go from your bed to your wheelchair, a chair, or the toilet.
- Go from a chair to your wheelchair.
- Go from your wheelchair to the toilet

Stay as active with your walker as you can.

Ask your provider for advice about how to avoid constipation.

WHEN TO CALL YOUR DOCTOR

Call your doctor if you have any of the following problems:

- Your stump looks redder or there are red streaks on your skin going up your leg
- Your skin feels warmer to touch
- There is swelling or bulging around the wound
- There is new drainage or bleeding from the wound
- There are new openings in the wound, or the skin around the wound is pulling away
- Your temperature is above 38.6°C more than once
- Your skin around the stump or wound is dark or it is turning black
- Your pain is worse and your pain medicines are not controlling it
- Your wound has gotten larger
- A foul smell is coming from the wound

Please contact either Perth Vascular Clinic – 08 9382 9100 or your GP
SJOG Subiaco Hospital – 08 9382 6111 (ask for Ward 71 Nurse Manager or After Hours Nurse Manager)
OR any hospital Emergency Department if you experience any of the above following your procedure.

Please note: **Opening Hours:** from 8.30am – 4pm Monday to Thursday and from 9am – 12pm on Friday
T: 9382 9100 **F:** 9382 9101 **E:** reception@perthvascularclinic.com.au