



## Application Instructions for Removable Rigid Dressing

The **Removable Rigid Dressing** is used as a postoperative dressing for below knee amputation. The purpose of the dressing is to control the swelling that is common following amputation surgery. The dressing acts as a protective shield to the amputation wound, yet still provides the medical attendant the ability to inspect the wound. Reapplication provides the caregiver the opportunity to increase compression to the limb as necessary, thereby promoting healing and residual limb maturity. This technique has reduced the incidence or severity of knee flexion contracture and has allowed earlier prosthetic fittings with higher success rates than previous post-surgical management.



A sterile non-adherent dressing such as an Adaptic bandage, is applied to any open or draining areas of the wound **only for the first 3-4 days post surgery**.

A Soft Cling “conforming bandage” is then gently applied to the distal aspect of the residual limb. Use only as much bandage as necessary. Avoid a bulky accumulation of bandage material. In the above right illustration, the Soft Cling bandage has been applied using a ‘figure of 8’ wrapping technique.



A Soft Sock (a two ply, two way stretch sock) is applied snugly over the limb (Sock #1).

**American Orthopedics**  
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**Columbus, OH 43212 (614) 291-6454**

**Continuity of Care Document**

**Physician Orders Attached**



Next, a shrinker is applied to the residual limb (Sock #2). It is pulled on to the thigh above the knee cap by 3-4 inches and marked with a line at the end of the residual limb. It is then twisted snugly about 90 degrees and reflected back up towards the knee cap. It should end just below the knee cap.




When reapplying the rigid cast, inspect its fit for looseness. If loose, then remove the cast and apply additional filler socks until it fits snugly. It is important that socks be applied one at a time and that no wrinkles occur.



When the patient is lying in bed, the Velcro knee immobilizer should be used to prevent knee flexion contractures.



**This step is not necessary at this time**



When the patient is sitting, walking with a walker, or otherwise involved in physical therapy, the knee immobilizer should be removed and the BK suspension sleeve should be pulled high onto the thigh. This enables knee flexion while maintaining good cast suspension. The RRD should remain in good contact with the end of the residual limb at all times.



### Physician's Orders:

Patient: \_\_\_\_\_

- The Rigid Dressing should be removed **daily** and the wound checked for proper healing.
- The Rigid Dressing should be re-applied **using the above-described procedure**.

Physician signature: \_\_\_\_\_ Date \_\_\_\_\_

**If you should have any problems or questions regarding the proper application of the Removable Rigid Dressing, please call American Orthopedics, Inc. 614-291-6454**

**Please call with d/c information**

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