



## Prosthetic Socks

When you receive your prosthesis you will be given prosthetic socks to wear to adjust the fit of your prosthesis. How do these socks work?

- A “ply” is the thickness of the sock
- Socks come in 1-ply, 3-ply, and 5-ply
- These socks will be used in different combinations to adjust the fit of the prosthesis; for example:
  - 1-ply sock + 3-ply sock = 4-ply thickness
  - 5-ply sock + 1-ply sock + 1-ply sock = 7-ply thickness **ALSO**
  - 3-ply sock + 3-ply sock + 1-ply sock = 7-ply thickness
- Adjust the fit of your prosthesis by adding or removing socks in 1-ply thickness at a time
- When adding socks, make sure they are pulled up and that there are no wrinkles in the fabric

You will need to add socks if:

- Your leg feels loose in the prosthesis
- Your prosthesis slips up and down on your leg
- You feel pressure on the end of your leg or on your kneecap

You will need to remove socks if:

- Your prosthesis feels too tight
- You feel pressure on the sides of your knee

### Frequently Asked Questions

Q: I am running out of 1-ply socks, but my prosthesis is still too loose, what should I do?

A: After applying three 1-ply socks, if your prosthesis is still too loose, remove those socks and replace them with a single 3-ply sock; then start adding the 1-ply socks again

Q: I start the day in 3-ply of socks, but later in the day my prosthesis feels loose. Is that normal?

A: Yes, many people need to adjust the fit of their prosthesis throughout the day. Add socks as necessary until the prosthesis feels snug again.

Q: Should I take socks with me when I go to dialysis?

A: People will change volume after dialysis, so it is beneficial to take socks with you.

If you find you are wearing 10-ply thickness of socks or more on a daily basis, we recommend that you call our office to schedule an adjustment appointment with your prosthetist.