

FACT SHEET

Caring for Your Artificial Limb: Maintenance and Safety Tips



Looking after your artificial limb

Your artificial limb is custom-made just for you. It's designed to help you move safely, comfortably, and reliably. To keep it working well and avoid injuries or damage, here's what you need to know.

Use It the right way from day one

Your care team will show you how to use components safely.

- **Pin-locking systems** – Learn the correct way to put it on and take it off.
- **Vacuum systems** – Clean it regularly (ask your clinician how) and listen for leaks or air sounds, which can mean the vacuum seal is broken.
- **Boa systems** – Don't overtighten. Scan the QR code on your device for instructions.

Stay safe – everyday tips

1. Check with your clinician before trying new activities

Thinking about swimming, lifting weights, or starting a new sport? Awesome! Just talk to your clinician first to make sure your artificial limb can handle it.

2. Use your device where it's meant to be used

Your artificial limb is made for certain places.

- Only wear it in water or sand if it's designed for that. To prevent damage, if it gets wet, dry it off. If it gets salt water or sand in it, rinse and dry it off right away.
- Going to the beach or taking a shower? Ask us if your device can handle it.
- Want to go barefoot? Ask your clinician – some feet aren't made for it and may wear out faster.

3. Watch for wear and tear

Call your clinician if you notice:

- Strange noises
- Rust, holes, or loose parts
- Frayed cables or straps

Don't keep using it if something seems off.

Why you shouldn't tinker with your device

Making changes to your artificial limb without help can cause problems you didn't expect:

- It might not fit properly anymore
- It could break or become unsafe to use
- You might lose the warranty
- You may have to pay for repairs or a replacement yourself.

Want to make a change?

Here's what to do:

Always talk to your clinician first. If something is uncomfortable or feels off, your team can help you find a safe solution.

Bottom line – never modify or adjust your prosthetic limb without approval from your clinician.

Your artificial limb is medical equipment. Don't modify it yourself. Keep it safe, keep it working, and always check with your clinician before making changes.



For more helpful resources, please visit our website: www.pw.co.nz/resources

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