

FACTS

DID YOU KNOW.....

60%
60 percent of all amputations are preventable

507
On average 507 Americans lose a limb each day

2,000,000
2 million Americans are living with limb loss

2X
Smoking doubles your risk of losing a lower limb

25X
Amputees who continue to smoke have a 25 X higher risk for re-amputation

What to expect

AFTER SURGERY.....

- Staples will be in place 6 weeks or until the incision is well healed.
- Keep the incision clean and dry until well healed
- Once the incision is completely healed, the surgery team will send a referral to PM&RS (Physical Medicine and Rehabilitation) to assess for medical appropriateness for using an artificial leg (prosthesis)
- You will be given a SHRINKER sock to wear to shrink and shape the limb



- You will be given exercises to keep your limb flexible and strong.
- Once approved for a prosthesis, an appointment will be given with Prosthetics Service for measurement and construction of the prosthesis

What to expect

REHABILITATION

- Time frame for getting a prosthesis varies but usually takes several months. Be sure to continue your exercises and wear your shrinker sock in order to be prepared when the time comes.
- Once the prosthesis has been completed you will be scheduled for fitting.
- You will then be scheduled for inpatient admission on the 3C NLR rehab ward for therapy to learn to use the prosthesis.
- Training to use the prosthesis usually takes 2-4 weeks for a below knee amputation and 4 or more weeks for an above knee amputation depending on the specific needs of the individual.

What to expect



LIFE WITH A PROSTHESIS

- Do the exercises to keep the limb flexible and strong.
- Keep the range of motion in the remaining limb by stretching.
- Take care of your skin
- Take care of the other leg.
- Stay active.
- Keep your weight stable to ensure the prosthesis will fit properly.
- If you smoke- try to quit
- Control your blood sugars if you are diabetic.



YOUR REHAB TEAM

Vascular Surgery:

APN: Leah Kirtley
501-257-6918

RN: Christy Kirst
501-257-6861

Orthopedics:

APNs: Pam Horton
501-257- 6054
Gayle Wildhagen
501-257-5421

Physical Medicine & Rehab:

MD: Dr. Escarda
501-257-2990

KT: Marty Burns
501-257-2989

APNs: Lillian Cranford
501-257-2548
Katrina Banks
501-257-3011
Jaris Catron
501-257-6424



Rehabilitation Services:

Towbin Healthcare Center

2200 Fort Roots Drive

**North Little Rock, AR
72114**

Veterans must meet VA

**Eligibility requirements and
agree to appropriate**

co-payments

Physical Medicine and Rehabilitation
Service

August 2011

Reviewed by Patient Education Committee
October 2011



RECOVERY
AND
REHABILITATION
AFTER
LOWER LIMB
AMPUTATION

