

## WHAT IS A REMOVABLE RIGID DRESSING?

The removable rigid dressing (RRD) is the 'crash helmet' that has been moulded to the remaining part of your leg, known as your stump or residual limb

## WHAT IS IT FOR?

The RRD helps to protect your healing residual limb from knocks as you move about, and helps to reduce swelling after your operation.

## WHEN IS AN RRD WORN?

The RRD should be worn at all times unless your doctor says otherwise.

It is especially important to wear it whenever you are at risk of falling, e.g. sitting on the edge of the bed, moving about, showering.

A plastic bag needs to be placed over the residual limb and RRD prior to showering, to ensure neither gets wet.

The RRD can be removed for inspection of the residual limb, for dressing changes

and to sponge clean the residual limb. It can be worn over your shrinker, if you wear one.

## HYGIENE

It is important to clean the residual limb each day, and to ensure that a clean sock is fitted under the RRD. Socks can be machine washed as needed.

## ADJUSTING THE FIT OF THE RRD

It is important to ensure that the RRD fits firmly on your residual limb.

It is normal for the residual limb to be swollen following amputation. This will reduce over time and the RRD can become loose.

Adding another terry-towelling sock can make the fit firm again.

Extra socks are supplied when your RRD is fitted.

**Prosthetic and Orthotic Department**  
Ground Floor, Bolte Wing  
St. Vincent's Hospital Melbourne  
14 Nicholson Street Fitzroy  
Telephone: (03) 9231 3837

Inspired  
by  
You

# Information for Patients Wearing a Removable Rigid Dressing (RRD)



**ST VINCENT'S  
HOSPITAL**  
MELBOURNE  
A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA

St Vincent's  
PO Box 2900 Fitzroy  
VIC 3065 Australia  
(03) 9231 2211  
www.svhm.org.au



StVincentsHospitalMelb  
@StVincentsMelb  
st-vincent's-hospital-melbourne  
@stvincentsmelb

## PUTTING ON YOUR RRD:

- 1 Ensure a thin dressing is covering any wounds on your residual limb.



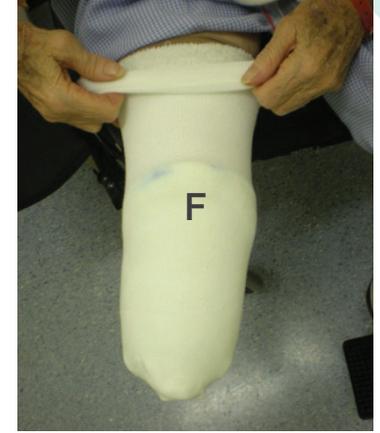
- 2 Pull on your shrinker (if you wear one). Then pull the thick terry-towelling sock onto your residual limb, ensuring there are no gaps and no wrinkles in the sock.



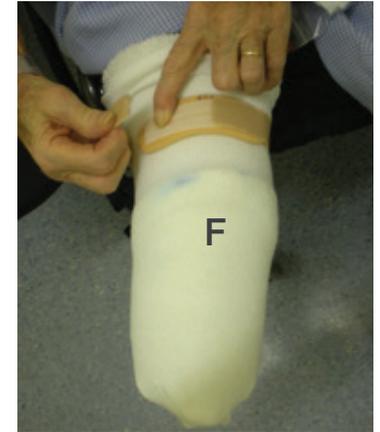
- 3 Pull up RRD. "F" indicates the front.



- 4 Pull up the thin outer sock all the way up onto the thigh.



- 5 Fasten the suspension cuff on the lower thigh. It is important that the cuff is only done up firmly enough to prevent the RRD from sliding off, not so tight as to be uncomfortable or restrict blood flow.



- 6 Fold the outer suspension sock back down over the cuff.

