

## What is a removable rigid dressing?

The removable rigid dressing (RRD) is the 'protective helmet' that has been moulded to the remaining part of your leg, known as your 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 it worn?

The RRD should be worn at all times, unless otherwise indicated by your rehabilitation team.

It is especially important to wear it whenever you are at risk of falling, such as when sitting on the edge of the bed, moving about, or 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 wound reviews, dressing changes and to sponge clean the residual limb.

## Hygiene

It is important to clean the residual limb each day. Ensure that a clean sock is worn 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 extra socks can make the RRD fit firm again.

Extra socks are supplied when your RRD is fitted.

## Where can I find more information?

Ask your prosthetist who can talk to you and provide you with other written information for amputees. You can also access information at [www.limbs4life.org.au](http://www.limbs4life.org.au)

# Removable rigid dressing (RRD)

## Patient information

## Putting on your RRD:

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



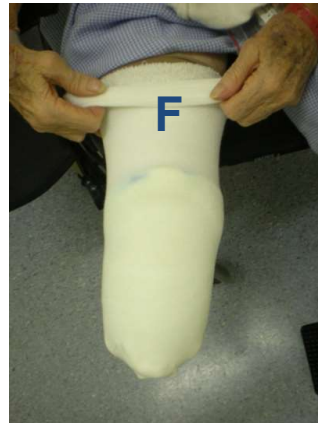
2. Pull on your shrinker (if you wear one), then pull on a sock onto your residual limb. Ensure there are no gaps or wrinkles in the sock.



3. Pull up your RRD with the 'F' facing the front.



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



5. Fasten the suspension cuff above the knee, over the outer sock. It is important that the cuff is only done up firmly enough to prevent the RRD sliding off, not so tight as to be uncomfortable or restrict blood flow.



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

