

## **Reminders to Amputation Patients when they Leave Hospital**

1. Re-pack remained limbs with elastic bandage as instructed at least twice a day for enhancing blood circulation.
2. Before you re-pack remained limbs, must watch for cutting of wounds, as well as recovery condition on wounded skin simultaneously.
3. In order to prevent cramping in hip joint and knee joint, please don't forget that it is important to rest with head facing bed for at least one hour everyday.

4. Please continue to walk with crutch or auxiliary article until you are recovered.
  
5. After your surgical stitches are removed, then you can take both or shower.
  
6. If patient is equipped with artificial leg, then your doctor usually will ask specialists in relevant domains to have a design and measurement for producing the type of artificial leg made for your own needs after your wound has been completely recovered.
  
7. Patient may gradually distribute more time to free activities, but still remember to have sufficient rest.

8. If patient is confident in getting back to original working position, maybe he/she may start working, but should not work for too long everyday.
  
9. If patient still needs to use wheelchair, then he/she may ask nursing attendants and social workers to help its arrangement before he/she leaves hospital.
  
10. Even though patient has lost some part of limbs, he/she might still feel sensitive towards pains and feelings. Besides, if this condition last for a while, then any uncomfortable feelings might gradually fade. Therefore, do not worry too much about this when it happens.
  
11. Please do not feel too concerned about your lost in some part of your limbs, for there are many institutions in the society can help physically challenged patients with very good

services. Those institutions can lead you to normal, happy, and energetic life.

12. When such condition occurs, you must go see doctor:

(1) When such symptoms of inflammations occur like: pain, swelling, feeling compressive type of pains, secretion is flown out of wounded part, swellings on remained limbs, or fever.

(2) Tripping cause 2<sup>nd</sup> time injury of remained limb.