

## Important reminders

### Check your skin

Visual skin checks should be completed daily by removing your RRD and sock(s) and checking for areas of pressure or redness.

If your sensation is altered – it is important to complete regular visual checks to ensure the sock and stocking do not roll.

### Use your RRD consistently

It is important to re-position your RRD as soon as possible after removal.

- Avoid having your RRD off for more than 10 min at a time.
- Delay in reapplication may allow swelling to occur and cause difficulty in putting it back on.

Please ensure that you follow the instructions for safe positioning as discussed with your therapist, and as advised in the Below Knee Amputee Exercise Booklet.

### Wear socks with your RRD

Always wear at least one sock under your RRD.

If you have pain or discomfort **wearing** your RRD:

- Remove it and check the sock for wrinkles
- Check the stump for areas of pressure.

If you are having pain following your RRD **application**:

- Remove your RRD
- Seek assistance from your health care professional.

Further reduction in oedema can be achieved by wearing a compression sock under the RRD – only on the advice of your health professional.

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# NZALS

New Zealand Artificial Limb Service  
Peke Waihanga, Aotearoa



## FACT SHEET

# Rigid Removable Dressing (RRD)



## What is a Rigid Removal Dressing?

Following your below knee amputation you have been fitted with a Rigid Removable Dressing. This is a firm 'cap' over the end of your limb, which is designed to assist with the following:

- Decrease swelling
- Promote wound healing
- Provide protection
- Keeping your knee straight

The RRD should be worn at all times – day and night, and can be easily removed for inspecting the wound.

You will wear your RRD until you get a prosthesis.

## How to apply your RRD

### Step 1

Apply a stump sock to the residual limb.

- If you are wearing more than one sock, these should be applied one at a time.
- Ensure that there is no wrinkling or puckering – particularly at the end of the residual limb.



Apply the RRD to the limb over the sock(s), then follow step 3.

- The front of the RRD will be marked with an arrow – this should **point toward your knee cap**.

If your RRD does not slide on easily, follow step 2.

### Step 2

Cut the end off a plastic bag and apply it over your sock – this will assist to slide the cast on.

Gently pull the cast over the plastic bag.

Remove the plastic bag by pulling it out and over the top of the cast.



### Step 3

Apply the stocking to the RRD. This will help to keep the RRD in place.

- Ensure that the stocking and sock stay in a flat position.

Regularly check that your sock and stocking are not rolling down, and creating areas that are too tight.



## Volume Changes

Over your period of healing your limb will change shape. Your limb may swell or shrink as a result of many variables. As a result – you may find that your RRD is too tight, or too loose.

### RRD is loose or easily falls off

Your RRD should fit firmly over the end of your limb.

If it can be rotated  $\frac{1}{4}$  turn, or slips off without effort, it is too loose. This can be rectified by applying stump socks.

If you require more than 3 thick socks, it is likely that your RRD is too big to be effective and may need to be remade.

### RRD is tight or hard to put on

If you are struggling to put on your RRD or it feels like your limb will not fit – your limb may have swollen too much to replace the RRD.

Try elevating your limb for an hour then attempt reapplication with the plastic bag.

- If it does not fit still, **DO NOT FORCE IT!** Your RRD may need to be remade.

If you would like to read further about **Rigid Removal Dressings**, please visit our website [www.nzals.co.nz](http://www.nzals.co.nz)

