

# The Removable Rigid Dressing

## Information for patients following a below knee amputation

### What is a Removable Rigid Dressing (RRD)?

It is a soft, pliable, dressing which conforms to the shape of your amputated leg which is then made rigid by using a small pump to create a vacuum in the dressing.

It then perfectly matches the size and shape of your amputated leg helping to prevent further swelling and provides protection from knocks or falls.

It is held in place with velcro straps, which allows the dressing to be removed easily to allow inspection of the wound.



### Why should you wear it?

#### Protection

The RRD aims to provide a protective covering which can help to avoid pain from knocking your amputated leg when transferring and also provides protection if you were to fall.

#### Immobilisation

The RRD helps to prevent the knee from remaining in a bent position. It does this by holding your knee in a straight position following surgery. By using the RRD and doing the exercises provided by the physiotherapy team you can prevent a knee contracture (fixed bent knee) developing. It is very important to have a straight knee to walk well with an artificial leg.

### Help prevent excessive swelling

By wearing the RRD it can help to reduce the amount of swelling you have following surgery.

## **A speedier recovery**

We have found that by reducing the amount of swelling the rehab process can be faster and we can start to make the artificial limb earlier. Walking training is therefore quicker too.

## **When do I wear it?**

- The RRD will be applied in theatre after your amputation and will stay on for the duration of your hospital stay.
- The RRD is released for two, 30 minute periods per day to allow any condensation to evaporate. You will be shown how to release the dressing yourself so that you are able to remove it as required.
- After 5 days you will be supplied with a swelling control sock which will be worn in addition to the RRD but only during the day.

If you notice any red areas or blisters following wearing the RRD please alert your nurse or doctor. The nurses will carefully monitor your skin and amputated leg. The RRD should be worn over appropriate padding material and never be in contact with your skin, ideally over a thin pair of pyjamas.

## **Contact details**

**Prosthetic Department  
Specialist Rehabilitation and Mobility Centre (SRMC)  
Lower Ground Floor  
Cumberland Infirmary.  
Tel; 01228 616868**

## **Transport**

**Transport is available, if you meet the eligibility criteria Otherwise you will need to make your own way to the DSC. Please phone 0800 032 3240 to book your own transport**

## Confidentiality

**'The Trust's vision is to keep your information safe in our hands.'**

We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time.

For further information contact the [Subject Access Coordinators](#)  
[SACCIC@ncuh.nhs.uk](mailto:SACCIC@ncuh.nhs.uk) or [SACWCH@ncuh.nhs.uk](mailto:SACWCH@ncuh.nhs.uk)

## Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the PALS team (Patient Advice and Liaison Service) on 01228 814008 between 10.30 and 4.30 Monday to Friday or email [PALSCIC@ncuh.nhs.uk](mailto:PALSCIC@ncuh.nhs.uk).

If you would like this factsheet in another language or format, for example Braille, large print or audio the PALS team will be able to assist you (contact details above)

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