



KNOWLEDGE CENTRE | GUIDE 05

Residual-Limb Skin Care

Practical everyday care for prosthetic and liner users.

COMFORT BEGINS WITH A CONSISTENT ROUTINE

A prosthesis creates a close, warm environment around the residual limb. Daily skin checks, careful hygiene, clean interfaces and prompt attention to changes can support comfort and help you know when professional advice is needed.

IN THIS GUIDE

Daily skin checks • Washing and drying • Perspiration • Liner and sock hygiene • AmpuSalve
• Warning signs

Free, ungated practical guidance from SLIPSTREAM®

Everyday Support. Stay Comfortable.

The prosthetic skin environment

Skin inside a socket or liner experiences conditions that ordinary exposed skin does not. Contact and movement are repeated, airflow is limited and perspiration may remain against the skin. Socket fit, liner condition and activity can all change how the residual limb feels.

What can influence comfort

FACTOR	WHAT MAY HAPPEN	WHAT TO NOTICE
Contact	Skin repeatedly meets the liner, sock or socket	Rubbing, tenderness or a recurring mark
Pressure	Load concentrates in one area	Pain or redness at a specific point
Moisture	Perspiration remains against the skin	Dampness, slipping or softened skin
Fit	Limb volume, weight or equipment changes	New movement, pressure or instability

Friction and pressure are not the same

A skin-care product may help with suitable surface-friction concerns, but it cannot correct concentrated pressure, socket movement or poor fit. Recurrent marks in the same place, new pain or a change in stability should be discussed with your prosthetist.

KNOW YOUR NORMAL

Become familiar with the usual colour, temperature, texture and sensitivity of your residual limb. A change from your own normal pattern is often more useful than comparing your skin with someone else's.

Your daily check-and-clean routine

Inspect the residual limb every day, including areas that are difficult to see. A mirror can help with the back or underside. Check before putting on the prosthesis and again after taking it off.

What to look and feel for

✓	New or increasing redness or discolouration
✓	Tenderness, pain, heat or swelling
✓	Chafing, blisters, cracks, grazes or open areas
✓	Spots around hair follicles, a rash or persistent itching
✓	Weeping, discharge, unusual odour or a change in skin texture
✓	Reduced sensation or an area that feels different from usual

Gentle cleansing

- Wash the residual limb daily with mild, non-perfumed soap and water.
- Rinse away cleanser thoroughly and dry carefully with a clean towel.
- Evening washing gives the skin and any moisturiser time to settle before the prosthesis is worn again.
- Avoid soaking the residual limb, vigorous scrubbing and strongly fragranced products.
- Avoid shaving unless your clinical team advises otherwise; shaving may irritate follicles within the socket environment.

INTACT SKIN ONLY

Do not put a cosmetic friction product onto broken, bleeding, weeping, infected-looking or otherwise damaged skin. Contact your prosthetic or clinical team for advice.

Manage moisture, liners and socks

Perspiration is common inside a prosthetic interface. Managing it is a combination of sensible breaks, dry skin, clean equipment and advice that is compatible with your own liner and socket system.

During the day

✓	If safe and practical, remove the prosthesis when perspiration becomes excessive and pat the residual limb dry.
✓	Change damp stump socks when needed and make sure replacements are clean, intact and crease-free.
✓	Do not add unapproved powders, oils, lubricants or antiperspirants inside the prosthetic system.
✓	Ask your prosthetist before using a specialist antiperspirant because products may not suit every liner or skin type.

Clean the interface

- Clean an interface liner daily using its manufacturer's instructions.
- Use the recommended cleanser, rinse thoroughly and allow the liner to dry completely.
- Wash stump socks regularly and replace worn, holed or permanently creased items.
- Do not patch a sock or modify the socket yourself; repairs and fit adjustments belong with the prosthetic service.

FIT CAN CHANGE

Changes in body weight, activity, swelling, residual-limb volume or equipment wear may alter fit. A cream should never be used to mask a mechanical fit problem.

Where SLIPSTREAM® AmpuSalve fits

AmpuSalve is a cosmetic skin-care product intended to support everyday comfort for suitable, intact residual-limb skin in the prosthetic environment. It is not a medicine and does not treat wounds, infection, dermatitis, folliculitis or socket-fit problems.

Before using AmpuSalve

✓	Read and follow the current pack directions.
✓	Use only on clean, dry and intact external skin.
✓	Patch test before first use and stop if irritation occurs.
✓	Check with your prosthetist that the product is appropriate for your liner and suspension system.
✓	Use a small amount as directed; more product is not automatically better.
✓	Allow the product to settle as directed before putting on the liner or prosthesis.

Keep products in their proper role

- Use an evening moisturiser only if it suits your skin and care plan; products used immediately before prosthesis wear may affect grip or liner compatibility.
- Do not apply AmpuSalve to a sore, blister, crack, wound or infected-looking area.
- Do not continue wearing a prosthesis through worsening pain or skin breakdown simply because a cream has been applied.
- If a new product changes suspension, increases movement or makes the liner difficult to control, stop and contact your prosthetic team.

EDUCATION FIRST, PRODUCT SECOND

Skin care can support comfort, but safe prosthetic use also depends on fit, alignment, liner care, activity management and timely professional review.

Your one-minute residual-limb check

✓	LOOK: Is there new redness, a mark, blister, crack or rash?
✓	FEEL: Is there heat, tenderness, swelling, pain or changed sensation?
✓	DRY: Is the skin thoroughly dry before the interface is fitted?
✓	CLEAN: Is the liner or sock clean, dry, intact and free from creases?
✓	FIT: Does the prosthesis feel and move as it normally does?
✓	ACT: Will I stop and seek advice if skin or fit is worsening?

When to seek advice

Contact your prosthetic centre, specialist nurse, GP or appropriate clinical team if skin changes are persistent, recurrent, worsening or severe; if there is broken skin, a blister, wound, discharge, spreading redness or discolouration, increasing pain, heat or swelling; or if the prosthesis has become noisy, unstable, difficult to use or ill-fitting. Seek urgent medical advice if you feel generally unwell or infection is suspected.

Trusted resources

- Leeds Teaching Hospitals NHS Trust - skin and prosthesis care
- NHS Lothian SMART Centre - looking after yourself and your prosthesis
- Bedfordshire Hospitals NHS - caring for a residual limb

THE SIMPLE PRINCIPLE

Check daily. Wash gently. Dry thoroughly. Keep liners and socks clean. Treat fit changes seriously. Ask early when something is not right.

SLIPSTREAM® KNOWLEDGE CENTRE

Practical guidance for active living - education first, products second.

Everyday Support. Stay Comfortable.

Prepared August 2026. SLIPSTREAM AmpuSalve is a cosmetic skin-care product, not a medicine, and is not intended to diagnose, treat or cure a medical condition. This guide does not replace individual advice from your prosthetist, prosthetic centre, specialist nurse, GP or other qualified healthcare professional.