

# Rigid Removable Dressing

## Care and Use Instructions

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### HOW TO PUT ON YOUR RIGID REMOVABLE DRESSING (RRD)

#### 1. Socks

There are different thicknesses of socks (2,3,5 plys). Use a combination of these socks to obtain a snug fit when placing your RRD on your limb. Always place the thinner sock next to your skin. Also, make sure there are no wrinkles in your sock(s) after you pull each one onto your limb.

#### 2. Apply the RRD

There should be resistance when pulling your cast onto your limb. It should not be loose! If it is still loose then try adding another sock or use a thicker sock. The arrow/lines on the front of your cast should be below your kneecap. If you have a pad that goes inside your cast on one or both sides, add this after getting the cast all the way on.

#### 3. Suspension Sock

This is the thin sock on the outside of the cast. This should be pulled up as high as it will go on your thigh.

#### 4. Knee Cuff

This should be centered above your kneecap. Pull the elastic strap around your thigh and fasten the strap on top of the cuff. Then take the suspension sock and fold it back over the top of the knee cuff. This holds the cast on your leg.

### HOW TO TAKE OFF YOUR RIGID REMOVABLE DRESSING (RRD)

1. Pull suspension sock back up and unfasten elastic strap. Remove knee cuff and pull suspension sock down onto your cast (don't remove).
2. Remove inside pad on side of cast (if there is one) and gently remove the cast.
3. Next, pull all of your socks off and check your skin for any areas of intense redness or rubbing.

The RRD should be worn at all times unless directed otherwise by your physician. It is typically removed once per day for wound inspection and exchanging current socks with laundered ones.

**NOTE: Weight gain or loss may possibly change the design and manufacture of the orthosis/prosthesis delivered. Please contact the practitioner if this occurs to prevent potential injury.**



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