

Below Knee “SOFTIE” IPOP INSTRUCTIONS

(Immediate Post Op Prosthesis)

Useful Notes

You have been fit with an IPOP which was ordered by your doctor. The IPOP is used to provide protection to your amputated limb as it heals. It will also help prevent your knee from bending and getting stuck in a bent position, also called a knee contracture. You may also be fit with a stump shrinker to be worn directly on your skin, over light dressing on your surgical incision. In addition to the shrinker, a clean sock will be worn under your IPOP. The sock will reduce friction and protect your skin, making application of the IPOP easier. The sock should be wrinkle free and higher than the top of the IPOP. If perspiration is heavy, you may need to change sock more than once a day.



Donning (Putting IPOP on):

1. Place stump shrinker on limb (if you have one.)
2. Place at least one sock on limb over stump shrinker. The more your limb reduces in size, the more socks you may have to use to make up loss of volume in clamshell portion.
3. Open all straps on clamshell to maximum end point.
4. Slide limb into clamshell, making sure foam padding is in the end of the socket and kneecap is showing through the hole in the middle of the socket.
5. Attach black neoprene straps to close clamshell.
6. Put waist strap on with the “T” portion pointing to the clamshell with the black velcro strip at the end. Make sure the strip attaching to the clamshell comes down the front of your affected limb so it can attach to clamshell.
8. Place thin black velcro strip on the back of the top neoprene strap. This will help keep clamshell on limb during transfers and while standing with therapy.



Doffing (Taking IPOP off):

this should be completed 1-2 times a day for skin checks

1. Loosen neoprene velcro straps on waist belt and strip attaching belt to clamshell and remove belt.
2. Loosen all straps and slide clamshell off of limb.
3. Remove sock.
4. Remove shrinker to check skin and incision.



Cleaning IPOP

To clean the inside of your IPOP wipe down with rubbing alcohol. Clean at least once a day every day. If end pads get soiled, they can be rinsed out and squeezed dry. Protect your orthosis from extreme heat, as it may change shape.

Skin Checks

Carefully check the leg for pressure areas after each wear period. Remove the IPOP and sock. Note any redness or irritation, particularly over bony prominences. The redness should disappear with 30-40 minutes. If the redness persists, or is accompanied by skin breakdown, fluid discharge or swelling, call the office for instructions and a follow-up appointment.

Therapy Progression

After your limb has healed enough to be able to bear weight, your doctor may order a rigid plastic inner and outer socket. This plastic IPOP will have a foot attached to it and you can put a shoe on it as you begin to bear partial weight on that side. Depending on your timelines, we may progress to your first prosthetic socket and forgo the rigid inner and outer socket fitting. This will be determined in time according to your doctor, prosthetist, and physical therapist.

Follow up

We will be following up with you every few days to check your limb and make sure the IPOP is working well for you with therapy. You will notice the more you wear this device, your limb will continue to shrink. The IPOP may help reduce some post operative pain and also shape limb for a future prosthetic fitting. In the meantime, please call us with any questions and concerns so we may follow up with you as needed.

