

# FLO-TECH® SOFTIE™ Protocol

**Use in cases where minimizing the effects of injury at bed rest holds a higher priority than early or immediate post-surgical ambulation.**

This protocol will help the healing and rehabilitation qualities of the SOFTIE™ and should be applied as early as possible after amputation.

1. Attach the OPTIONAL posterior strut (if ordered) at this time.
2. Apply a thin, soft dressing as thick as the surgeon deems appropriate for the patient's condition and prognosis.
3. \*Apply a 2-ply to 3-ply soft amputation sock.
  - a. Gently roll the sock to make application less stressful to the surgical site and less painful to the patient.
  - b. Apply non-allergenic skin glue (Hollister Medical Adhesive [Hollister also makes a solvent for removal]), if desired.
4. An optional reticulated pad is available from *FLO-TECH®* and should be applied at this point.
5. \*Apply an outer 2-ply to 3-ply soft amputation sock to wick away moisture
  - a. Gently roll the sock to make application less stressful to the surgical site and less painful to the patient.
  - b. This sock should be changed 1 to 2 times a day.
6. Apply the *FLO-TECH®* SOFTIE™ without the neoprene socket bands to determine the proper interior allowance for the length of the residuum.
  - a. Apply the distal neoprene cap.
  - b. Insert the 1" or 2" distal pad, or both pads (equaling 3") to prevent edema.
    - i. Fill the space between the distal end of the amputated limb and the neoprene cap at the distal portion of the socket.
7. Apply the neoprene socket bands – snug NOT tight:
  - a. Apply the distal neoprene socket band.
  - b. Apply the neoprene band at the knee area.
  - c. Apply the neoprene thigh band.
    - i. Be sure all exposed tissue is covered.
8. Remove the *FLO-TECH®* SOFTIE™ 2 times per day.
  - a. Once in the AM and once in the PM.
    - i. Range the knee per Doctor's orders and instructions from the Physical Therapist.
    - ii. Change outer sock if damp.

\*RoyalKnit® CoolMax® socks are available

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