

Rigid Removable Dressing (RRD) – “Limb Protector”

This handout explains what a rigid removable dressing (RRD) is, how to use it, and how to care for it.

The RRD is a limb protector. It is a cast that helps to protect the residual limb as you heal and prepare for fitting. It is very important that you wear the protective cast **any time** you stand for any reason, such as when you transfer or walk. You may use the RRD with a knee immobilizer brace to help keep your knee extended.

Scan the QR code to watch the video showing you how to apply the RRD.



How to Apply

1. To dress the suture line, follow the instructions of the surgical staff. Apply Cuticerin, Xeroform, and/or gauze to the suture line or any areas with drainage.
2. Apply the prosthetic sheath (white or beige nylon) in a single layer to hold the gauze in place and help make the next steps easier.
3. **Compression layers:** Please do step “a” or “b” as instructed by staff.
 - a. Apply two layers of the tubular white compression sock or a single layer reflected over end of limb.

- b. Apply the Single Shrinker. This is beige or white in color with silicone beads at the top to help “grip” the thigh.
4. **Prosthetic socks:** Apply so that the cast is snug, but **not** overly tight.
 - a. 2 ply – white stitching (thinnest sock)
 - b. 3 ply – yellow stitching (medium thickness)
 - c. 5 ply – green stitching (thickest sock)
5. Apply outer suspension sock that extends up on to thigh.

Care of Soft Goods

- Hand wash and air-dry **prosthetic sheaths**. Wear a clean sheath every day.
- **Prosthetic socks** can be washed with gentle detergent on a gentle cycle in machine or hand washed. Dry on a low setting or air dry.
- **Prosthetic shrinkers** should be hand washed and air dried.