# 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 up. 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. This holds the gauze in place to 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** too tight. Apply cast with the word **"front"** facing forward.
    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. Machine wash on a gentle cycle or hand wash. Dry on a low setting or air dry.
- **Prosthetic shrinkers** should be hand washed and air dried.

## When to Call

Call the Orthotics Clinic to schedule a visit if your RRD needs adjusting.

## Who to Call

Orthotics Clinic
**(608) 263-0583**

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 12/2024 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#8013