

# Lower Limb Amputation



The Amputee Rehabilitation team offers customised programmes to inpatients and outpatients who require limb amputations arising from diabetes, vascular injuries and disease, trauma, work-related injuries and oncological reconstruction to lead empowered lives.

## Caring for you

The Amputee Rehabilitation team comprises rehabilitation professionals and medical specialists who provide comprehensive assessments, treatments and education on diabetic management, lifestyle adaptation and health promotion to help patients transit back to the community. Assistive device consultations, specialised prosthetic assessment and training with standard prostheses empower patients to manage day-to-day tasks confidently.



### Rehabilitation Physician

A rehabilitation physician (doctor) monitors and prevents a wound from worsening. He/she helps a patient cope with pain and works with other members of the team to address issues like mobility, self-care, continence, community reintegration and employment.

### Medical Social Worker

Medical Social Workers (MSWs) offer pre-amputee counselling to patients on care planning, financial counselling (healthcare costs and daily living expenses), disability counselling and appropriate referrals on post-discharge rehabilitation and sheltered employment. These services help them return to community-living better.



## Nurse

Nurses play an important role in a patient's post-surgery recovery as they care for the wound and keep it dry. Keeping the wound dry prevents an infection from occurring. Please alert our healthcare staff if you notice any of these happening to your wound:

- Fever
- Gap in the wound and discharges draining out of the wound
- Increased pain or tenderness
- Pus
- Redness
- Swelling
- Warmth in the wound area

## Physiotherapist

Physiotherapists care for patients before and after their lower limb amputation. Exercise handouts are given together with rehabilitation advice before surgery. After the operation patients learn to regain physical function through exercises designed to improve movement and function, lower complications and mobility problems. An outpatient rehabilitative programme can follow after discharge if required, as well as arrangements for a false limb fitting.

## Occupational Therapist

Occupational Therapists help patients manage their stump, regain independence and return to normal activities confidently.

### Managing a stump

After amputation, a Rigid Removable Dressing (RRD) is moulded on the stump to protect it from further injury. Made of special fibre glass material, it brings down swells and the stump to a good shape to prepare a patient for a prosthetic leg fitting.



### Wheelchair training

An occupational therapist will advise a wheelchair with an elevating footrest to help you rest your stump comfortably and keep it straight. He/she will also teach you how to manoeuvre it safely.

### Regaining independence

Learn to cope with everyday tasks such as wearing clothes and using the bathroom safely with the help of assistive devices. Occupational therapists also make home visits and advise on home safety modifications.

## Podiatrist

A podiatrist aims to prevent another amputation from occurring. After a limb amputation, it is common to shift your body weight to the other leg. This causes stress to that limb or foot. Diabetic patients are at higher risk of another amputation with prolonged weight-bearing on the other foot, especially if there is ulceration. Podiatrists make recommendations on suitable footwear and custom insoles to prevent trauma to the foot.



An example of an insole to offload pressure

## For more information

### Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

[www.ntfgh.com.sg](http://www.ntfgh.com.sg) | [www.jch.com.sg](http://www.jch.com.sg)

### Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only\*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

\*Please refer to our websites for more details.

### General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: [contactus@nuhs.edu.sg](mailto:contactus@nuhs.edu.sg)

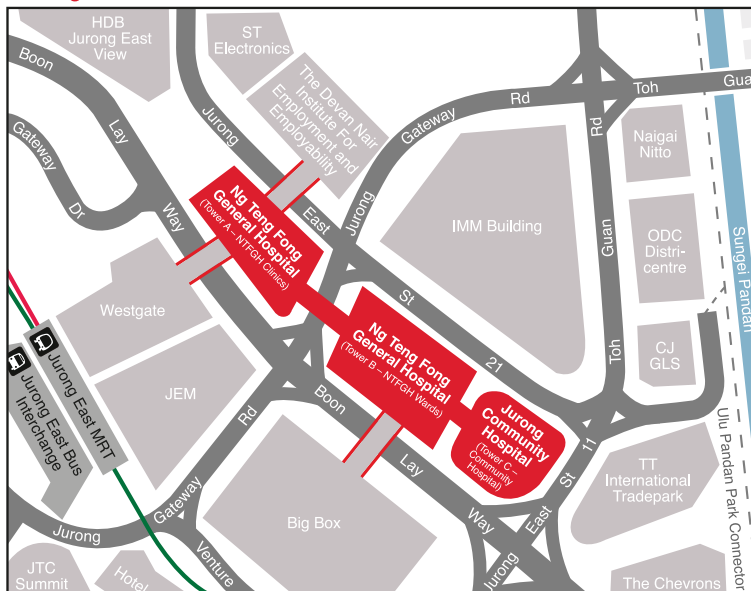
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: [JHCampus\\_Dental@nuhs.edu.sg](mailto:JHCampus_Dental@nuhs.edu.sg)

## Getting there



### By train

Alight at Jurong East MRT Station

### By bus

#### Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

#### Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

### Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition. Information is accurate at the time of printing.