Home Program for Immediate Post Operative Prosthesis (IPOP)

These are important facts about your cast, pylon, and foot, which is an IPOP prosthesis. You will be visiting the prosthetist every week (7-10 days) to have the cast changed after you are discharged from the hospital. It usually takes 3 to 4 cast changes before you will get your temporary prosthesis (artificial leg).

1. When at home, remember to tighten the waist belt and garters securely before standing. Tighten the belt on your waist first, then the belt to the cast. They can be loosened or removed when lying down.

2. If the cast becomes very loose, even with the belts tightened, or if you have pain in one place on your casted leg, call your prosthetist right away. It may be time to make an appointment to have your cast changed. Stay off your feet as much as possible until you see the prosthetist. A cast that is too loose, may rub a sore on your leg. Pain over the entire area of the cast leg is normal.

3. Do not wear the foot attachment when in bed. It may become tangled in the sheet or blankets, causing the cast to rotate or turn on the leg.

4. To remove the foot attachment, loosen the outside and front screws with your Allen wrench. This 4mm
wrench can be bought in any hardware store, if it is lost. Throughout the day when walking on your leg, tighten the screws as they may loosen with walking.

You should never get out of bed without the foot and pylon in place.

5. When sitting in a chair or at the edge of the bed, make sure to elevate your leg with the entire leg supported. Do not just have the support under your pylon and foot attachment.

6. You can wear undergarments over the cast. Underwear with non-elastic legs fit best over the cast. Many people wear sweat pants since they can easily stretch over the cast. They can be loosened or taken off when lying down.

If you have any questions, please call your physical therapist or your prosthetist.

Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.