Immediate Post Operative Prosthesis (IPOP) Home Program

These are important facts about your cast, pylon and foot, called an IPOP prosthesis. After leaving the hospital, you will visit the prosthetist every 7 to 10 days to change your cast. It usually takes 3 to 4 cast changes before you will get your temporary prosthesis (artificial leg).

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

Cast
- Pain over the entire area of the cast leg is normal, but a cast that is too loose may rub a sore on your leg.
- 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.

Foot attachment
- Do not wear the foot attachment when in bed. It may become tangled in the sheet or blanket, causing the cast to rotate or turn on the leg.
- To remove the foot attachment, loosen the outside and front screws with your Allen wrench. This 4 mm wrench can be bought in any hardware store, if it is lost.
- You should never get out of bed without the pylon and foot attachment in place.
- When walking on your leg throughout the day, tighten the screws if they loosen.

Support your leg
- 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.

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