

# After Leg Amputation: Keeping Your Other Leg Healthy



Caring for your other leg is as important as caring for your limb. The skin or circulation problem that may have led to the amputation could develop in your other leg, too.

## Skin care

- Clean and check your skin every day, just as you do the skin on your limb.
- Use a mirror to check your foot for cracks and sores.

## Foot care

- Wear a firm shoe with a low heel and a closed toe to prevent cuts and infections.
- Trim your toenails often so they don't become ingrown. Cut straight across the nail. Your healthcare provider or physical therapist may advise having this done by a foot specialist (podiatrist).



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