

First Appointment After Amputation

Questions to Ask Your Clinician and Topics to Discuss

Your appointment is an important step in your recovery. Don't hesitate to ask questions and share your concerns. You are an important part of your care team.



Questions to ask:



1. Healing and Woundcare

- ☐ How is my residual limb healing?
- ☐ What signs of infection or complications should I watch for?
- ☐ How should I care for my incision/residual limb at home?
- ☐ When can I shower or get the area wet?
- ☐ What kind of dressing or compression (if any) should I use?
- ☐ When will my stitches or staples be removed?



2. Pain and Phantom Sensations

- ☐ What is normal pain and what is concerning?
- ☐ What can I do to manage pain?
- ☐ What medications or treatments do you recommend?
- ☐ What are phantom limb sensations and how can I manage them?



3. Medications and Overall Health

- ☐ What medications should I continue or stop?
- ☐ Are there side effects I should watch for?
- ☐ How will my overall health conditions (diabetes, heart disease, etc.) affect my recovery?



4. Rehabilitation and Exercise

- ☐ When should I start exercises?
- ☐ What exercises are safe for me right now?
- ☐ How often should I exercise?
- ☐ Will I work with a physiotherapist or occupational therapist?
- ☐ What is the plan for regaining my strength, balance and mobility?
- ☐ What activities should I avoid for now?



5. Safe Transfers and Mobility

- ☐ What is the safest way for me to transfer in and out of bed, a chair, or a car?
- ☐ Do I need any equipment at home (grab bars, raised toilet seat, etc.)?
- ☐ When can I put weight on my residual limb (if applicable)?
- ☐ How can I prevent falls?
- ☐ Who should I contact if I am struggling with mobility at home?



6. Prosthetic Care and Planning

- ☐ When is the right time to start thinking about a prosthetic?
- ☐ What is the process for getting a prosthesis?
- ☐ What will my prosthetic journey look like?
- ☐ Who is the prosthetist and how will we work together?



7. Differences By Amputation Level

- ☐ When can I expect to start weight bearing?
- ☐ What is the likelihood of using a prosthesis?
- ☐ What challenges might I face with balance or walking?
- ☐ Are there specific exercises to protect my knee and other joints?
- ☐ How will this amputation affect my balance and energy?
- ☐ What can I do to strengthen my hip and core?
- ☐ What challenges might I face with walking and stairs?
- ☐ How will sitting balance and posture be affected?
- ☐ Are there specific exercises I should focus on?



8. Emotional Wellbeing and Support

- ☐ What emotional changes are normal after amputation?
- ☐ Are there support groups or peer mentors I can connect with?
- ☐ Can I speak with a counselor or psychologist if needed?
- ☐ Where can I find resources for me and my family?

Questions for Your Clinician

Use this space to write down questions or concerns you don't want to forget.

Tips For Your Appointment

- ✓ Bring a list of your medications.
- ✓ Bring a family member or friend if possible.
- ✓ Take notes or ask if you can record the visit.
- ✓ There are no "silly" questions - ask anything!
- ✓ You know your body best.
- ✓ Share openly.

My Goals

What are my top 2-3 goals for the next few weeks?

- 1 _____
- 2 _____
- 3 _____



⚠ RED FLAGS - Contact your clinician if you notice:

- | | | | | |
|---|---|---------------------------------------|-------------------|-------------------------------------|
| ✗ Increased pain that is not controlled | ✗ Redness, warmth, swelling, or drainage of your limb | ✗ Changes in the color or temperature | ✗ Fever or chills | ✗ New weakness or inability to move |
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You Are Not Alone

Recovery takes time, but every step forward is progress. We are here to support you.

