After amputation

Know what to do next. Step by step.



For adults after a lower-limb amputation and their families.

Everyone recovers at their own pace. Follow your discharge plan and your care team's advice; this guide helps you know what to ask.

You do not have to search at random. Start with reliable information and support from your care team.

01 Ask for a clear plan

• Write down how to care for your wound, what treatment to follow and when to return for a check-up.

• Keep your care team's phone number handy and ask who to contact if a problem arises.

Ask your care team: What should I do at home, and when is my next check-up?

02 Protect the surgical area

• Follow your care team's instructions on wound care and dressing changes.

• Check the area as instructed. Use creams, massage or wash the wound only if your care team has advised you to do so.

Ask your care team: Which changes in my wound should I tell you about?

The next steps in your recovery

03 Ask about compression

• Your care team will decide whether and when you need compression, and which type is right for you.

• Ask for a demonstration and a plan tailored to you. Do not guess how tightly to apply a bandage or how many hours to wear it.

Ask your care team: Which type of compression is right for me, and when should I use it?

04 Move safely

• Work with your physiotherapist to learn how to move between your bed and a chair, and how to use your walking aid.

• Ask them to show you suitable resting positions and exercises. Do not put weight on the surgical area unless you have been told it is safe to do so.

Ask your care team: What can I do on my own, and what do I need help with?

05 Talk about how you feel

• Report any new or worsening pain. Pain felt in the amputated part of the limb, known as phantom limb pain, is real and worth discussing with your doctor.

• Talk about fear, sleep or sadness too. You can ask for psychological support and help from those close to you.

Ask your care team: Who can I talk to about pain and how I am feeling?

06 Discuss your next steps

• Ask your care team when a prosthetic assessment would be appropriate. An initial discussion does not mean that a prosthesis should be fitted straight away.

• The timing and approach depend on healing, your general health and your goals. Mobility may also involve a wheelchair or other aids.

Ask your care team: What is a realistic next step for me?

When to seek medical help

Contact your medical team promptly

Contact your care team promptly if you develop a fever, spreading redness, increasing swelling, new discharge or pus, an unpleasant smell, new bleeding, wound opening or worsening pain. Also report any change in the colour of the skin around the wound or if it turns black. If you cannot reach your care team, seek urgent medical assessment.

In an emergency, call 112

Call 112 if you have difficulty breathing, chest pain, cough up blood, lose consciousness or have heavy bleeding.

You do not have to learn everything in one day. Write down your questions and take them to your next appointment.

Questions about a prosthetic assessment

ORTOLIFE · Chisinau · **+373 79 442 121**

09:00-16:00 · by prior appointment only

For wound problems or urgent symptoms, contact the medical team treating you.

Sources and further reading

NHS - Amputation

Ottobock - After the leg amputation

BACPAR - Recommendations for physiotherapy before and after lower-limb amputation

MedlinePlus - Leg amputation discharge

MyHealth Alberta - Above the Knee Leg Amputation What to Expect at Home

EVO - Emergency numbers in the Republic of Moldova

General information, updated on 4 November 2026. This guide does not replace assessment and advice from your care team. Follow your discharge plan and seek medical help if warning signs appear.

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