



Limbformation TopTIPS

HOLIDAYS / TRAVEL 1/2



CARRY OUT AN M.O.T BEFORE YOU TRAVEL



CALL YOUR LIMB CENTRE TO FIND REPAIR FACILITIES



USE YOUR EHIC IF YOU'RE ABROAD



INCLUDE PROSTHESIS + WHEELCHAIR ON INSURANCE

ASK FOR PRIORITY SEATING




SECURITY SHOULD BE RESPECTFUL + GENDER APPROPRIATE

STAY HYDRATED



SLIP-ON SHOES



WEAR COMFORTABLE CLOTHING



BOOK WHEELCHAIR ACCESSIBLE ROOMS



- CABIN PRESSURE
- HUMIDITY
- ACTIVITY
- DIET

CAN CHANGE LIMB VOLUME AND LEAD TO PROBLEMS WITH FIT.

BOOK AIRPORT TRANSFERS



BEFORE LEAVING

PROSTHESIS

SOME FUNCTIONS DEPEND ON AMBIENT TEMPERATURE

- HYDRAULICS
- PNEUMATICS
- ELECTRONICS



SUN EXPOSURE CAN DAMAGE PLASTICS + HEAT METALS

FIND SOME SHADE

AVOID GETTING SAND OR DIRT IN THE PIN LOCK



USE A DRY PAINTBRUSH TO SWEEP

+ ANTIBACTERIAL WIPES




COVER PROSTHESIS WITH WATERPROOF CAST COVER

DO NOT SUBMERGE!

CLEAN THE FOLLOWING:

- PROSTHETIC SOCK
- SLEEVE
- LINER
- FOOTSHELL

WITH MILD, UNSCENTED ANTIBACTERIAL SOAP BEFORE YOU LEAVE

