

DIRECTIONS FOR PATIENTS WHO HAVE IMPLANTS USED TO SUPPORT AN ORBITAL PROSTHESIS

DAILY CARE

1 Skin Care

It is important to check the skin around the abutments on a daily basis and report any irritations or unusual findings. The skin around the abutments must be cleaned every day, preferably in the shower or at bedtime. Follow the instructions given by the clinical team to clean the area after surgery. If you have had radiation treatment be especially careful about skin care.

You can clean the area using a homemade saline solution of one cup warm water and ½ teaspoon of salt. Use cotton-tipped applicators soaked in the saline solution to remove crusting. Crusting and bleeding may occur around the abutments occasionally.

2 Cleaning around the Abutments

Maintaining good hygiene around the abutments, bars, magnets or other attachment systems is very important to the long term success of your prosthesis. Follow the daily routine provided for you every day. Use a mild soap and the soft toothbrush provided or saline moistened cotton-tipped applicator to clean around the abutments. It may be easiest to do this in the shower. You will be given microbrushes to help clean around the abutments. Use these brushes to clean areas that a tooth brush or cotton-tipped applicator will not fit.



Cleaning with microbrush



Cleaning with stretched out cotton-tipped applicator

You can also use a cotton-tipped applicator with the cotton stretched out like a rope to access hard to reach areas.

3 Applying the Prosthesis

During your delivery appointment, the Anaplastologist will instruct you on the best method of applying your prosthesis. It may be helpful to apply the prosthesis in front of a mirror to make sure it is in the correct place. Position the prosthesis against the bar or magnets and firmly press it into place. Check to make sure the prosthesis is secure by gently tugging it. Skin may be trapped during the seating process; gently pull the skin away from the silicone margins to make sure that any trapped skin is released. Be aware that it may take some time before this task becomes easy for you.

4 Removing the Prosthesis

It is best to remove the prosthesis before going to sleep. This will give your tissues time to breathe and help you to establish a daily cleaning routine for your prosthesis. You will be instructed on the best method to remove your prosthesis by the clinician at your delivery appointment.

Do not pull on the thin margins as they will tear. It is best to hold the prosthesis by the thickest part and rotate it off the bar or abutments to release the clips or magnets. Pulling on the thin areas of the prosthesis may cause the silicone to separate from the hard plastic section. Try to find the easiest path of removal.



5 Cleaning the Prosthesis

Gently wash the prosthesis daily with a mild colorless soap and lukewarm water. Never use hot or boiling water. Do not use an antibacterial soap. If there is debris caught in the folds of the silicone do NOT use a brush to clean the front of the prosthesis. Use your fingers or a wet cotton-tipped applicator.

6 Storing the Prosthesis

Store in a dry, clean container in a safe place. Keep it out of reach of children and animals. Do not store in a bathroom due to the high humidity. Be sure to store the prosthesis upright to help maintain the eyelashes.

7 Preventing Mishaps

Adapting to wearing a prosthesis requires some understanding and common sense. For example, mishaps might occur when playing with young children who could grab and dislodge your prosthesis. Removing a sweater over your head or sneezing or coughing may cause your prosthesis to come unattached. When participating in sports that are physically demanding, remove your prosthesis and use a patch. Contact sports, water skiing, and diving into water are examples of situations where the prosthesis should be removed. Situations like these require some adjustments to your daily life in order to help the prosthesis last as long as possible, and to protect it and yourself.

8 Remaking of the Prosthesis

Prostheses last approximately 2–4 years. When the prosthesis begins to discolor or there is a change in fit, make an appointment for the issue to be assessed. A prosthetic consult will be done at your yearly maintenance visits. At this time the condition of the prosthesis will be assessed and future course of treatment determined by the Anaplastologist. Do not wait until the prosthesis has failed before attempting to make an appointment as there may be a wait until the prosthesis can be replaced.

The purpose of treatment is to provide a successful long-term result. This can only be achieved if you take good care of your soft tissue, abutments, retentive components and prosthesis every day.

It is important for you to return for your follow-up visits. Be sure of the dates of your maintenance appointments. If you move, make sure that iRSM has your current contact information so follow-up care can be maintained.

