

Liner Care

Suggested Instructions For Donning A Liner

If you have difficulties putting on, or donning your liner or do not know exactly how to do it, you may find these tips helpful:

<p>1 Make sure that the inside of the liner is clean, dry, and contains nothing that may cause skin irritation.</p>	
<p>2 Roll your liner inside out and hold it as shown in this illustration picture. Your goal is to create a surface as flat as possible.</p>	
<p>3 Place the liner flat at the end of the residual limb. Make sure that the liner is as close to the residual limb as possible. Avoid trapping air at the far (distal) end of your residual limb.</p>	
<p>4 Push the liner carefully over the end of the residual limb, making sure there are no creases. Then roll the liner completely upwards onto your residual limb. Be careful not to damage the liner with your fingernails. It is important that throughout this process, you roll and do not pull on the liner.</p>	
<p>5 Gently pat the liner. Avoid “plucking” the liner as this can cause increased tension on the liner edge and underlying skin (this can create water blisters, welts, or similar symptoms). If there are wrinkles when tightening, please unroll your liner and repeat the donning process.</p>	

Residual Care Of Your Limb, Liner, & Prosthesis

Your prosthesis, silicone liner and residual limb require consistent care and maintenance to prevent breakdown or injury. Poor hygiene can lead to skin irritations and injuries. This can cause infections and other issues that may impair or even preclude a person from wearing their prosthesis.

Regularly cleaning your residual limb, liner and prosthetic socket can reduce the risk of germination and protect your sensitive skin from inflammation and infection. Good hygiene also protects the lifespan of your devices. Here are some recommended procedures for regular care of your residual limb, liner and prosthesis.

Residual Limb Care

By wearing a prosthesis, the natural properties and functions of the skin are disturbed at the sites stressed by the prosthetic restoration. Additionally, the pressure and friction exerted on the skin by sockets and liners affects the skin’s ability to regulate temperature. The combination of increased perspiration and stress on skin eventually leads to irritation and bacteria formation. It is important that you cleanse and care for the skin on your residual limb daily.

<p>1 Clean your residual limb daily with a mild soap (pH neutral) or a special cleansing lotion.</p>	
<p>2 Apply a moisturizing cream to prevent the residual limb from drying out and to promote the regeneration of the skin. To avoid excessive perspiration in the liner, you should use the cream in the evening, preferably at bedtime.</p>	

Liner Care:

The liner wraps around your sensitive residual limb and comes in direct contact with bacteria. Therefore, you should clean the liner after each wear or daily, by hand.

Handwashing:

<p>1 Roll the liner off of your residual limb.</p>	
<p>2 Turn the liner inside-out so that the silicone that is typically on the inside is outside.</p>	
<p>3 Thoroughly wash the silicone side with a mild (pH neutral) soap or with a special liner cleaner.</p>	
<p>4 Rinse off the soap entirely so there is no residue.</p>	
<p>5 Dry the liner inside and out with a towel.</p>	
<p>6 Turn the liner back its normal form so the silicone is on the inside, and to the outside (silicone inside) and clean the outside with a damp cloth.</p>	
<p>7 Hang up the liner to dry completely. Never put it on directly on a heater and avoid direct sunlight.</p>	