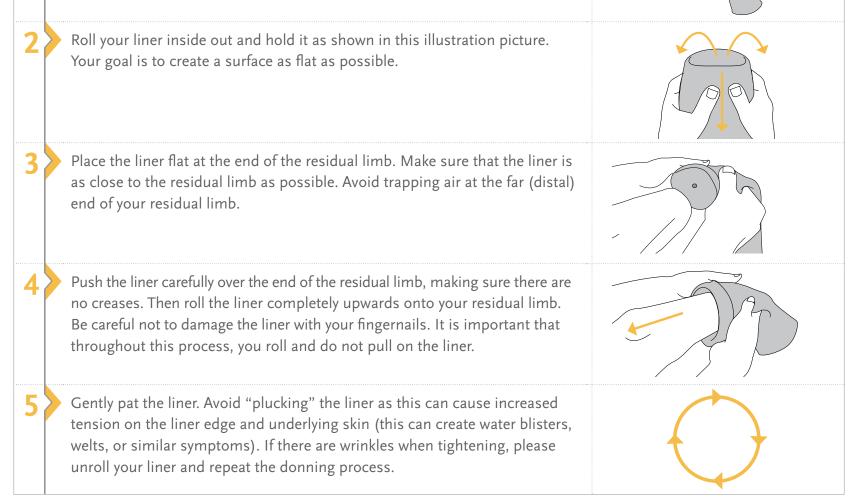


# **Suggested Instructions For Donning A Liner**

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:

Make sure that the inside of the liner is clean, dry, and contains nothing that may cause skin irritation.





### **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.

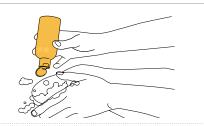
Regularly cleaning your residual limb, liner and prosthetic socket can reduce the risk of germination and protect your sensitive skin from inflammation and infection. Good hygiene also protects the lifespan of your devices. Here are some recommended procedures for regular care of your residual limb,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

Clean your residual limb daily with a mild soap (pH neutral) or a special cleansing lotion.

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.





#### Liner Care:

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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:

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

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