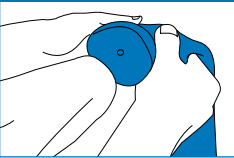


# Wear and Care

## Donning and Doffing of a Liner

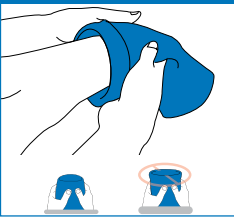
### Donning the Liner

#### Step 1: Prepare the Liner



Start by turning the liner inside out so that the silicone layer is facing outward. Hold it firmly as shown in the illustration. Before you proceed, ensure that the inside of the liner is clean and dry, free from any debris that could irritate your skin. It's also important to clean the Össur liner thoroughly before using it for the first time to ensure optimal hygiene and comfort.

#### Step 2: Position the Liner Cup

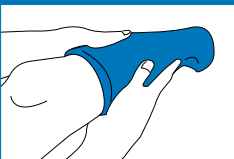


Next, expose the cup of the liner by opening the end as wide as possible. When you are wearing a liner for below knee amputation, bend your knee slightly.

Carefully position the liner cup at the end of your residual limb, making sure there is no air trapped between the limb and the liner cup. This step is crucial for achieving a secure fit and preventing discomfort during use.

Note: when you wear a liner with pin make sure that the pin is centrally placed on the end of your residual limb.

#### Step 3: Unroll and Don the Liner



Once the cup is on place, gently unroll your Össur liner down your limb, being careful not to use your fingernails to pull or stretch it, as this could cause damage. Do not tug or pull the upper end of the liner when rolling it upwards as this can result in tension on the skin, causing blisters or rashes.

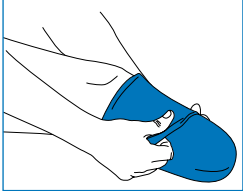
Once unrolled, make sure it's properly seated with no wrinkles or gaps and aligned correctly with your residual limb to ensure even pressure distribution. Take a moment to check for comfort and fit before moving on. Also check that there are no air pockets present. If there are then you should reapply the liner again. If you're using a Seal-In<sup>®</sup> X liner (liner with a separate seal), pull the seal over the liner to the desired position.

Watch video



## Doffing the Liner

Removing your prosthetic liner correctly is just as important as putting it on. Proper doffing techniques help ensure comfort and maintain the integrity of the liner. Here's a step-by-step guide to help you safely and effectively remove your liner. Watch the video or find below a step-by-step guide to help you safely and effectively remove your liner.



- **Prepare Your Space:** Find a comfortable and clean area to remove your liner. Make sure you have everything you need nearby.
- **Loosen the Liner:** If your liner has a locking mechanism or is secured with a pin, gently release it. If you used donning spray, you might find it easier to slide the liner off.
- **Roll Down the Liner:** Start at the top of the liner and carefully roll it down towards your residual limb. Take your time to avoid pulling or tugging, which could cause discomfort.
- **Remove the Liner:** Once the liner is rolled down, gently pull it away from your limb. Be mindful of any areas that may be sensitive.
- **Clean the Liner\*:** After removing the liner, clean it according to the manufacturer's instructions. This helps maintain hygiene and prolongs the life of the liner.
- **Inspect Your Skin\*:** Take a moment to check your residual limb for any signs of irritation or discomfort. If you notice any issues, consult with your healthcare provider.

\*For instructions check the information sheet about Cleaning and Taking Care of Your Liner and Residual Limb

Watch video

