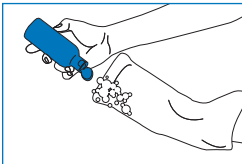


Wear and Care

Cleaning and Taking Care of Your Liner and Residual Limb

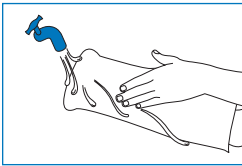
Cleaning a Liner

Step 1: Remove and Wash the Liner



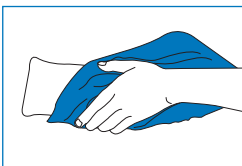
Start by removing the liner and turning it inside out so the silicone layer is exposed. Wash it in warm water using a mild, pH-neutral soap.

Step 2: Rinse Thoroughly



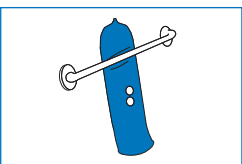
After washing, rinse the liner carefully with warm water. This step is crucial to remove any soap residue, which can cause skin irritation. If preferred, the liner can also be machine washed at 40°C with a mild detergent, but avoid doing this daily to prevent wear on the fabric cover. Never use fabric softeners, bleach, or harsh cleaning products, as they can damage the liner.

Step 3: Dry and Inspect the Liner



Once rinsed, dry the liner on both sides using a lint-free towel. This is a good opportunity to check for any damage or wear, like signs of tears, punctures or abrasions on the surface. As these issues can affect the liner's function and lead to skin problems. If you notice any damage, report it to your prosthetist promptly.

Step 4: Prepare for Next Use



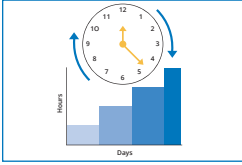
You can use your liner again immediately after washing; it doesn't need to dry overnight. Be sure to turn the liner back around with the fabric cover on the outside as soon as possible. Hang it up to air out, such as on a towel rack. Avoid exposing the liner to glass, carbon fiber, or other foreign particles, as these can cause skin irritation. Also, do not leave the liner turned inside out for extended periods or expose it to extreme heat or sunlight.

Watch Video



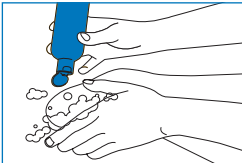
Taking Care of Your Residual Limb

Familiarisation



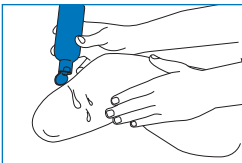
If you're wearing an Össur liner for the first time or have received a replacement, it's important to allow for a familiarisation period. Start by gradually increasing the time you wear the liner, adding an hour at a time. This helps your skin adjust to the new pressure. Feel free to take breaks as needed, and after the first week, you can wear your liner for as long as you like.

Daily Cleaning



Daily washing of your residual limb is crucial for skin health. Use a mild liquid soap which is pH-balanced, fragrance-free, and dye-free. This ensures that your skin stays clean without causing irritation. Remember, a clean liner is the first step to a healthy limb.

Hydration and Skin Care



Proper hydration is vital for healthy skin. Apply a moisturising lotion in the evening to nourish and soften your skin. However, avoid applying lotion just before putting on your liner, as this can cause it to slip. Additionally, drink plenty of water and consider using an anti-perspirant to manage sweating, which can also help prevent skin problems.

Take Skin Problems Seriously: If you notice any slight redness, apply a rash cream in the evening. For bacterial infections, stop using the liner immediately and consult your prosthetist or doctor if the issues persist or lead to open wounds. Remember, common household products like soaps, deodorants, and perfumes can worsen skin irritation, so choose your products wisely.



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