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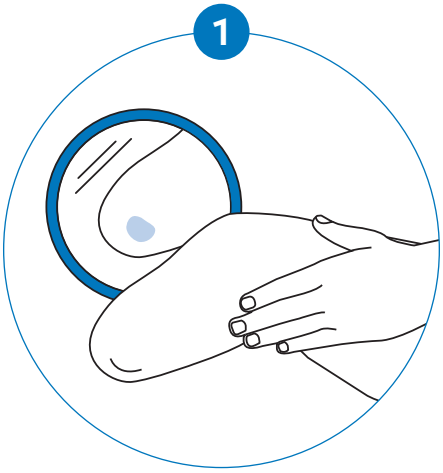
LIFE WITHOUT LIMITATIONS

Your daily morning routine

Start your day right

Three simple steps, just for you

1



Check your skin

Check your skin for anything that looks or feels different. Use a mirror for areas that are harder to see. If something changes, contact your care team and don't wait it out.

2



Wash your skin

Wash your skin with a mild, pH-balanced liquid soap that's free from fragrance and dyes. Rinse thoroughly and pat dry with a clean, soft towel.

3



Put on your liner

Roll your liner on smoothly, without tugging or pulling. Make sure there are no wrinkles or trapped air.

Daily routine, big impact

Skin care is like brushing your teeth – a natural daily routine. So, make your skin care a natural part of your daily routine and take time for your health and mobility. Proactive skin care for amputees and people living with limb loss means becoming familiar with common skin conditions so you're prepared for both prevention and care. **Scan the QR code to learn more about common skin conditions.**

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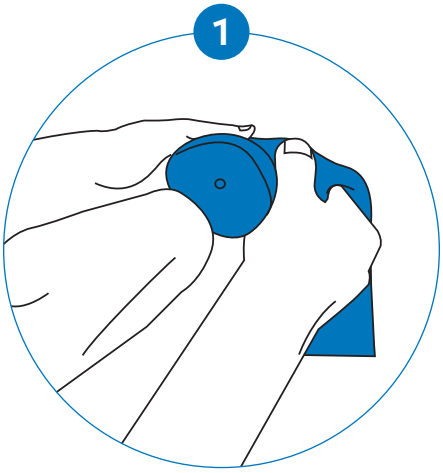
Your daily night routine

Ready for the night

Three simple steps, just for you

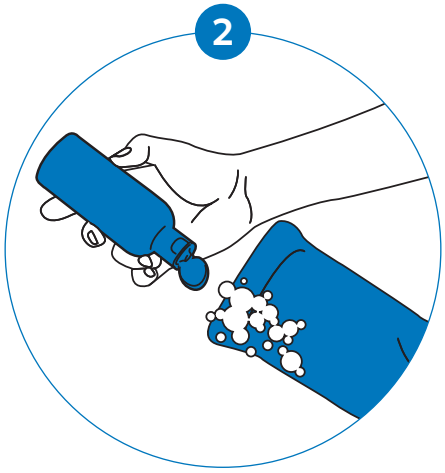
1



Remove your liner

Take off your liner and take a moment to check your skin for anything that looks or feels different. And when your skin feels dry, a pH-balanced, fragrance- and dye-free lotion can help keep your skin soft.

2

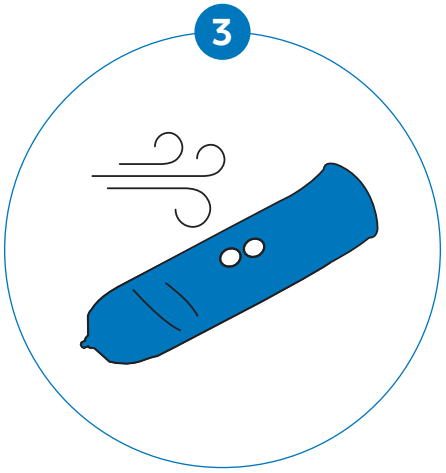


Clean your liner

Wash your liner inside and out with a mild, pH-balanced liquid soap that's 100% fragrance- and dye-free. Rinse thoroughly with warm water. Before machine washing, check if your liner is machine washable.

Attention: Do not tumble dry, do not iron, do not bleach

3



Air dry your liner

After rinsing thoroughly, let your liner air dry or gently pat it dry with a lint-free cloth. Be sure to keep the liner right-side out while it dries. Use a designated liner stand or towel rack to store your damp liner overnight. Make sure it's completely dry before putting it back on.

Attention: Keep your liner away from excessive heat and direct sunlight.

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