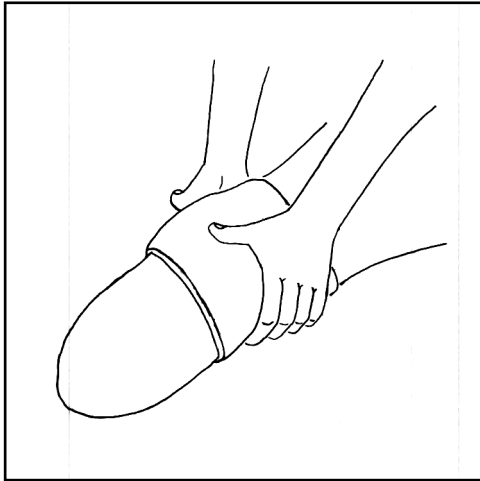


Putting Your Liner On

Always put your liner on a clean, dry residual limb. Do not apply any type of lotion or powder to your residual limb. Cover open wounds with a gauze patch.



Invert the liner so the gel side is facing out. Place the end of the liner against the end of your limb. For locking liners, center the pin attachment on the bottom of your limb.

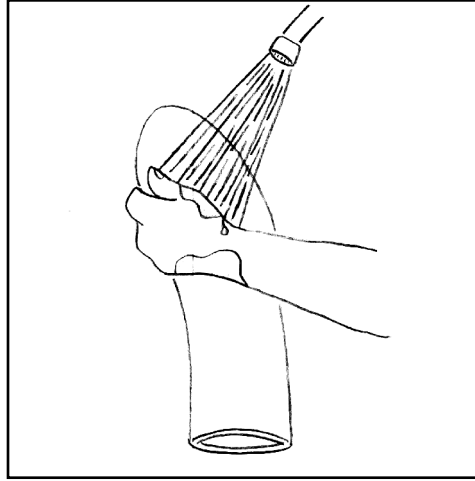
With the gel side against your skin, slowly roll the liner onto your residual limb. Position the seams away from any sensitive areas or bony prominences to prevent any irritation.

Do not pull the liner onto your limb. This could result in an uncomfortable fit by stretching the skin.

Check to make sure there are no wrinkles or air pockets between the liner and your limb. Now you can put on your prosthesis.

Cleaning Your Liner

Proper hygiene is extremely important to maintaining a comfortable liner to wear. Clean your liner at the end of each day and disinfect once a week.

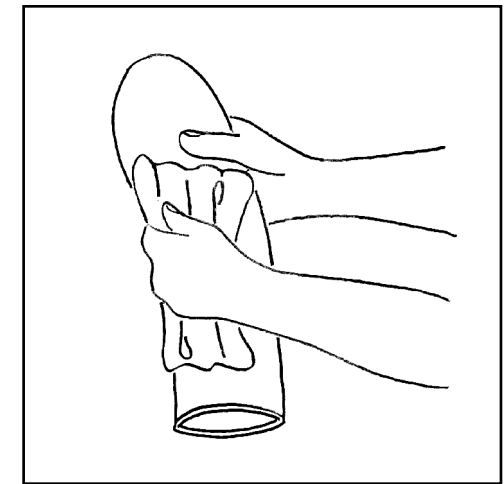


With the gel side of the liner facing out, wash the liner with lukewarm tap water and a non-irritating body soap. Apply the soap with a clean, soft washcloth or sponge. Be careful not to scrub the liner.

Thoroughly rinse all the soap residue off of the liner with water.

Caution: Do not use any type of anti-bacterial, perfumed or non-body soaps.

Dry the gel part of the liner with a lint-free cloth.



With the fabric side out, lay the liner on a towel to dry or hang on a drying stand if specified by your prosthetist.

Disinfecting Your Liner

Place a small amount of ethyl or isopropyl rubbing alcohol on a clean, soft cloth. Gently wipe the gel side of the liner with the cloth for approximately 2 minutes.

Rinse the alcohol from the liner with water.

Never soak the liner in the alcohol. Extended contact with a large amount of alcohol will ruin the liner.

Storing Your Liner

Store your liner in a cool, dry place (fabric side out) when the liner is not being worn. If the liner will not be used for an extended period of time, cover the liner with a clean plastic bag.

Prosthetic Socks

Prosthetic socks are used by amputees to maintain proper fit of the residual limb inside the prosthesis.

To maintain a proper fit of your prosthesis as your residual limb changes, you will add or remove prosthetic socks, sometimes once a day, with the possibility of multiple times a day.

Socks are usually donned over your gel liner. If you have a cushion liner (no metal pin) the sock is pulled over the liner. Be sure to check that there are no wrinkles in the sock as this can add pressure to your limb. If you have a locking liner (Metal pin attached to the end of the liner) the sock is pulled over the liner but you have to make sure that the pin is completely exposed, without any sock material on it. If sock material is on the pin when it's engaged into the prosthesis, it can become stuck and difficult to remove.

If this happens, hold the release button in, and forcefully try to pull the limb off. If this does not work, contact your prosthetist or local Union Orthotics & Prosthetics Co. office.

Prosthetic sock thickness is rated in "plies." You can add a thin sock over an existing sock or replace an existing sock with a thicker one. By counting sock plies you can add thickness in measured amounts. If you are wearing a prosthetic sock and the socket feels a little loose, you simply add more ply. You can do this by adding more socks or adding one thicker sock.

Socks can be machine or hand washed with a mild soap and machine dried or allowed to hang dry.

Residual Limb Care

The skin is the body's first line of defense against infection and disease. Proper care of your skin and residual limb will prevent skin breakdown thereby reducing the chance of infection and promoting a normal, active life style. The residual limb is particularly susceptible to fungal and bacterial growth since it is confined in an airless socket throughout the day. Because air does not circulate properly around the residual limb, accumulated heat and trapped perspiration create an environment conducive to infection.

Daily washing is essential to maintain the skins health. Washing should be done in the evening, since damp skin within a socket is more likely to become irritated.

Thoroughly wash the skin with warm water and a mild soap. Rinse with warm water being careful to remove all soap residues, since soap film can contribute to skin irritation. The skin should be gently and completely towel dried.

It is often advisable to apply a small amount of moisturizing lotion to the entire area after the skin has been thoroughly dried. This helps maintain the skins elasticity and suppleness, better enabling it to withstand the extensive pressure exerted on it by the prosthesis. Lotion also reduces skin breakdown, callous formation and extensive toughening of the skin.



Wear Care Guide for Prosthetic Gel Liners & Socks

Contact Your prosthetist if you have any questions or concerns with the comfort and care of your gel liners.

(412) 622-2020 • www.unionoandp.com