



Date: _____

Patient Name: _____

Prosthetic Liner Use and Care Guide

Good hygiene is very important when using a prosthetic liner. The liner must be thoroughly cleaned at the end of each day of use. Having two liners is recommended so that you can wear one while cleaning and drying the other.

- **Applying your liner**

- Invert the liner with the gel/silicone side exposed.
- If using a locking liner, center the pin at the bottom of your limb.
- Carefully roll the liner onto your limb, **do not pull the liner**.
- Make sure there are no wrinkles or air pockets between the liner and limb.

- **Daily Cleaning**

- Invert the liner with the gel/silicone side exposed.
- Wash the liner using lukewarm water and a mild soap that does not irritate your skin.
- Do not scrub the liner with any abrasive material or abrasive soap.
- Rinse all the soap residue from the liner.
- Dry liner with a clean, lint-free cloth.
- Once the liner is completely dry, it can be used.
- **Never apply a liner that is wet as this can cause skin breakdown.**
- Drying stands are available upon request.

- **Weekly Disinfecting**

- Place a small amount of isopropyl alcohol on a soft, clean cloth.
- Lightly wipe the gel/silicone side of the liner for 2-3 minutes.
- Rinse the alcohol from the liner with lukewarm water.
- Dry the liner with a clean, lint-free cloth.

- **Storing the Liner**

- If the liner is not being used, make sure it is kept with the fabric out and not inverted with the gel/silicone side exposed.

(Continued on back.)

- **Perspiration**

- It is common for you to sweat while wearing your liner during certain activities. New amputees will also experience sweating at the beginning stages.
- You will need to occasionally take your liner off and dry off the perspiration from the liner and your limb. Then you can apply the liner back onto the limb to continue using it for the day.
- A dry liner helps prevent slipping of the liner on the limb.

- **When in Doubt, Reach Out**

- **If you have any questions, concerns, or unusual symptoms, do not hesitate to contact your prosthetist.** They are there to support you.