

Taking Care of your Residual Limb and your Prosthesis

Because of its design, a prosthetic socket naturally harbors bacteria, fungi and discarded skin tissue. Proper socket and liner hygiene is very important. Use these tips for daily care of your residual limb and prosthesis.

- Wash the inside of your liner and your prosthesis every day, using mild hand soap and a damp cloth. Use a washcloth to wet, lather, scrub and rinse the socket. See below for information on washing your liner. After rinsing, the socket can be towel dried and should be allowed to air dry completely overnight.
- Wash your residual limb every day. Be sure to rinse all soap residue and allow the skin to dry completely.
- If you apply lotion to your residual limb, apply it at night only. This ensures that the lotion is completely absorbed before you put your prosthesis on again.
- Always apply clean socks to your residual limb. Socks are machine washable but should be air dried.
- Make sure the socket, liner and all prosthetic socks are completely dry before wearing. Dampness can cause skin to stick, rub or break down.

How to Wash your Liner

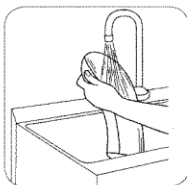
Proper hygiene is extremely important when using a liner. The liner should be thoroughly cleaned every day and disinfected once a week. Since the liner is in close contact with your skin, bacteria inside your liner is a serious concern. Prevent infection and make liner care a routine.

Daily



With the silicone side of the liner facing out, clean the liner thoroughly with lukewarm tap water and a body soap that does not irritate your skin. Apply the soap with a clean, soft cloth or sponge.

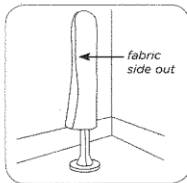
Note: Do not scrub the liner. Scrubbing can roughen the surface of the liner, which can then irritate the skin.



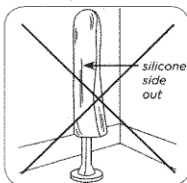
Rinse all the soap residue from the liner with water.



Dry the silicone with a clean, lint-free cloth.



Place the liner, **fabric side out**, on the Drying Stand. Clean your limb with soap and rinse well.

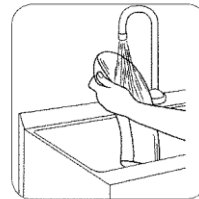


CAUTION: Drying the liner with the silicone side out will damage the liner.

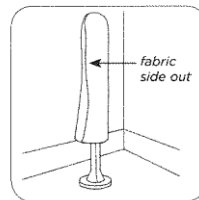
Weekly



Place a small amount of ethyl or isopropyl alcohol on a soft, clean cloth. Lightly wipe the silicone side of the liner with the cloth for two minutes.



Rinse the alcohol from the liner with water.



Place the liner, fabric side out, on the Drying Stand.

Note: Do not soak the liner in the ethyl or isopropyl alcohol. Extended contact with large amounts of ethyl or isopropyl alcohol will stiffen the liner.