

# WEAR SCHEDULE

*gradually build up your tolerance*



Patient \_\_\_\_\_

Prosthesis \_\_\_\_\_

Delivery Date \_\_\_\_\_

## DAYS 1-2

Wear your prosthesis for a **half hour** in the a.m. and in the p.m.. Monitor fit and allow for some ambulation if possible.

## DAYS 3-4

Increase wear time to **one hour** in both the a.m. and p.m.. Perform a self exam each time.

## DAYS 5-10

Increase wear time to **two hours** in both the a.m. and p.m.. Perform a self exam each time.

## DAYS 11-14

Put your prosthesis on first thing in the morning and check your leg before lunch. Continue to wear your prosthesis and check your leg at dinner time, and again before bed.

## DAYS 14+

If you did not encounter any problems up to this point, you can wear your prosthesis on a full-time basis. Check the fit of your prosthesis daily.

ANYTIME THERE IS SEVERE DISCOMFORT,  
OR ANY OTHER SITUATION THAT DOES NOT SEEM RIGHT,  
CALL ELIZUR AT 1-844-628-8813.

Review/Updated 6/25

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# DONNING

## *pin lock system prosthesis*



**Always check your skin prior to donning your prosthesis for any redness or irritation. If you cannot see the end of your limb, use a hand-held mirror or ask for assistance.**

1. Inspect the liner for holes or tears, and ensure the pin has not become loose. If you find any of these conditions, contact your prosthetist immediately.
2. Don the locking liner.
  - a. Make sure the pin is straight and in the center of your limb.
  - b. Make sure there is no air trapped in the end of liner.
3. If you are donning the prosthesis from a sitting position, hold the prosthesis on both sides. Center your limb in the socket, and pull the prosthesis on until you hear a click.
4. Once you hear the click, attempt to pull the prosthesis off to ensure that it is locked before standing.
5. When you stand, the residual limb will go further into the socket and you will hear more clicking. You should hear one click at a time until you are completely settled into the socket.
  - a. If you immediately go all the way to the bottom of the socket, it is too loose. You will need to add socks.
  - b. If it is extremely difficult to engage the lock, remove socks and/or the liner, and realign the locking pin.

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# LINERS

## *use and care*



The majority of liners used today are either urethane or silicone and serve a twofold purpose: to protect the residual limb, and in many cases, to act as suspension system. The importance of proper wear and care of these devices cannot be emphasized enough.

The two types of liners are: cushion liners -used primarily with suction suspension, and locking liners -that use a pin or strap at the end of the liner to lock the limb into the socket. No matter which system you are using, it is imperative to keep your liners clean and stored correctly when not in use. Routine, daily maintenance will keep your liners in good working order, reduce odor from perspiration, and maintain comfort throughout the life of the liner. Cleaning and inspection of your liners needs to be performed daily. It is recommended to clean your liners as soon as you remove your prosthesis.

## CLEANING

1. Turn the liner inside out.
2. Wet the liner and apply soap. Whatever soap you bathe with will usually be the best soap to use when cleaning your liner. Gently rub the soap over the entire area of the gel liner in a circular motion. Never use anything other than your hand, such as a wash cloth or a sponge, as this can cause micro tears in the liner that can trap bacteria and lead to premature breakdown of your liner.
3. After you have cleaned the liner, rinse all the soap from the liner, pat dry with a towel, turn right side out, and store. Rotating the liners daily will give them time to dry completely and will help to maintain fit and function of the product.
4. Inspect the liner for holes or tears, and ensure the pin has not become loose. If you find any of these conditions, contact your prosthetist immediately.

## SEE REVERSE FOR DONNING INSTRUCTIONS

# HYGIENE

## *keep your prosthesis clean*



Hygiene is of the utmost importance when referring to prosthetic use. After wearing your prosthesis for the day, you should wash both your limb and your liner. In the event you get an open wound, abrasions, or scratches, equipment that is not kept clean can easily cause an infection.

With roll on liners predominant in prosthetic use today, it is vitally important they are cleaned daily. This will keep bacterial growth to a minimum and keep your liners odor free. It is best to clean your liners when you remove your prosthesis for the day - refer to your "Liners Use and Care" handout. Waiting until a later time will allow perspiration to absorb into the material and will eventually cause a foul odor. Take good care of your equipment and it will take good care of you!

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# SOCKS

## *use and care*



Managing socks properly will allow you to adjust the fit, function, and comfort of the prosthesis throughout the day.

Regardless if this is your first prosthesis, or you are a long-term wearer, your residual limb will continue to reduce in volume throughout your lifetime. New amputees typically realize a great loss of volume in the first year of prosthesis use. After the first year, the limb will typically stabilize and the number of socks needed to maintain a proper fit will be greatly reduced. **At any stage, once you need to wear between 10 and 15 ply of socks, it is time to change the socket.** In a new amputee, this can take place as many as 2 to 3 times in the first year. Wearing too many socks can cause the limb to be unstable and/or rotate in the socket. Wearing too many socks will also cause the prosthesis to be too long.

Socks come in a variety of thicknesses and styles. A pin lock system uses a sock with a hole in the end to accommodate the pin, whereas a suction system has no hole. In regards to thickness, one, three, and five ply socks are typically issued with every prosthesis, and you will most likely need to use each of these thicknesses at one time or another. The following instructions will assist in maintaining a proper fit throughout the life of your prosthetic use.

### DONNING

1. When you don the prosthesis and are full weight bearing, there should be no excessive pressure or pain anywhere on your residual limb. If there is pain or pressure present, then it is time to either add or remove a sock.
2. After donning and wearing your prosthesis for even a short amount of time, you may need to add socks to accommodate shrinkage. Start adding 1 ply at a time until the prosthesis is comfortable.
3. As with anything new, adjusting your socket daily to the proper fit will take time and patience. Your optimal comfort and function are always the goal. If you add or remove a sock and the discomfort level is no better, do something different. If you are unable to reach a reasonable level of comfort, contact your prosthetist.

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