

# 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**

# DONNING

1. Turn your liner inside out so the gel is on the outside.
2. Grasp the liner at the end where the cup was formed, when the liner was inverted, with both hands. Make sure the shorter side of the liner is on the inside of the leg.
3. Squeeze the cup so it flattens out, center it on your limb, and place it against the end of your residual limb. Make sure there is no air trapped in the end of the liner.
4. Using both hands, roll the liner up your limb until completely rolled up. Avoid pulling on the liner, as that can create friction and irritate the skin. Use caution not to dig your finger nails into the gel, as any small perforations will cause them to easily tear.
5. If for any reason you believe the liners were not donned properly, remove it and return to step 1.

Normally after a brief period of donning the liner it will become much easier. Not only will the liner stretch out over time, but the more you donn the liner, the more proficient you become. If at any time you find that it is taking more than a few minutes to donn your liner or your prosthesis, or you seem to be having constant trouble, contact your Prosthetist so a solution can be found.

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