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Wear and Care Instructions for a Below Knee Prosthetic Liner

How to use a Prosthetic Liner

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1. To put on a liner turn it fully inside out so the gel side faces out.
2. Press the end of the liner against the end of your limb making sure there are no air pockets between the liner and your limb. If you have a pin at the end of the liner, make sure it is centered. It should be pointing straight away from the end of your limb and not at an angle.
3. Roll up the liner so the gel side is against your skin and the material side is now fully facing out. Do not pull the liner up on your leg. Roll it up or you're likely to cause wrinkles in the liner.

Removing a Prosthetic Liner

Take off the liner in the same fashion you put it on. Roll it down until it is off of your limb. There may be sweat pooled in the liner, this is normal.

Cleaning Instructions

Your liner should be washed after every wear.

1. Turn the liner fully inside out, so the gel side faces out.
2. Wash the liner with warm water and soap. You can use your hand or a washcloth. Do not use abrasive scrubbing tools.
3. You should wipe down the liner with rubbing alcohol once a week then rinse it well with warm water.
4. Turn the liner back material-side out to dry. If you have a drying stand you can put the liner on the stand. If you do not have a stand just lay it flat to dry. Make sure the liner is fully dry before putting it on again.

HELPFUL TIP - Check your skin every day. You can use a mirror to inspect the end of your leg. If there is an area that is irritated look at this area of your liner to see if it is breaking down. Look for areas of breakdown, rips, or tears in the gel material. If you find an area that is breaking down or an irritated area on your leg please reach out and let us know. We'll start the process of getting you a new liner.