

Putting on your Gel Liner

Before putting on your liner make sure that your residual limb is clean, dry, and free of any soap residue. Lubricants, lotions, and powders may damage your gel liner and/or cause skin problems. Check with your prosthetist before using any of these products.



[1] Liner donning A

- Turn the liner completely inside out so that the gel side is facing out. Place the end of the liner against the end of the residual limb.



[2] Liner donning B

- Carefully roll the liner onto the residual limb. The gel is against the skin, with the fabric facing out.
- Position the seams away from sensitive areas, scars, or bony areas.



[3] Liner donning C

- The liner needs to be completely **rolled** on, then at the top, simply folded over. **Do not pull or stretch** the liner onto the residual limb. This puts tension on the skin and may cause irritation.



[4] Liner donning D

- Make sure that there are no wrinkles and no trapped air between the gel liner and skin. The prosthesis may now be put on.

Daily and Weekly Cleaning Guidelines

Proper hygiene is extremely important when using gel liners. Poor cleaning habits may lead to skin irritations and prevent you from being able to wear your gel liner.

- Wash the gel liner with soap and water at the end of each day of wear.
- At the end of each week, disinfect your gel liner with isopropyl alcohol (rubbing alcohol) after it has been washed. See next page for details.
- If you have 2 gel liners, switch between both to give each liner a chance to “rest” every second day.

Daily Cleaning



[5] Gel liner washing

- With the gel facing out, wash the liner thoroughly with lukewarm water and a mild liquid hand soap. Gently rub soap over the entire gel surface by hand. Take care not to puncture the gel surface with finger nails or jewelry.



[6] Gel liner rinsing

- Rinse with running water while gently rubbing the soap from the surface of the gel liner. After rinsing well, rinse some more! Soap residue on the gel surface is a major skin irritant.



[7] Gel liner drying

- Pat dry with a clean, lint-free towel. **Do not rub** the gel liner with a towel. This can damage the surface and cause premature wear. After the gel liner is washed and dried, turn it fabric side out. The liner should be stored by hanging it to dry on the foam block provided. **Always hang fabric side out.**

Caution: Storing any liner with the gel side out can damage the liner and cause it to wear out earlier.



[8] Gel liner storage



Weekly Disinfecting

Add the following to your washing routine once a week:

- Wash and rinse the gel liner as usual. Spray a small amount of isopropyl (rubbing) alcohol onto the gel surface and let sit for 2 to 3 minutes.
- Rinse the alcohol from the gel liner with water while gently rubbing. Be careful not to puncture the surface with fingernails or jewelry.
- Follow the drying instructions from “**Daily cleaning.**”
- When the gel liner is not worn it should be stored in a cool, dry place. If the gel liner is not worn for an extended period of time, it should be covered with a clean, dry plastic bag.

Shrinker Sock

Your shrinker sock (or compression sock) should be worn overnight and whenever you are not wearing your gel liner. Like the gel liner, make sure that the shrinker sock has no air pockets or wrinkles when you put it on. If the shrinker sock is not fitting well or is sliding off, do not wear it. It is better to not wear this sock at all than to wear it improperly. You can wash your shrinker sock each morning with mild soap and lukewarm water and hang to dry. Do not dry on radiators or in a clothes dryer.

Why wear a gel liner before you have a prosthesis?

The gel liner and shrinker sock work together to help push fluid from swelling out of your limb. The shape of your limb will likely continually change throughout the first year of your journey. This compression routine will help your prosthetist to see an accurate shape of your limb at your first appointment.

