



Above Knee Prosthesis Instructions

For systems with roll-on 5 seal gel liners

Applying

1. Turn the liner inside out.
2. Place the end of the liner against your residual limb and roll on the liner with no air trapped on the inside.
3. Lightly spray the inside of the socket with a 50/50 mixture of alcohol and water or apply other lubricant to assist in sliding into the prosthesis.
4. Place your residual limb into the socket and try to ensure that the leg is positioned correctly by examining rotation of the prosthetic foot.
5. Slowly push your residual limb into the socket. Air will be pushed out through the distal one-way valve. After multiple pushes, your residual limb should slide all the way to the bottom of the socket.
6. You may be given special socks to add over the liner if your leg slides to the bottom of the socket too easily. The socks should be added over just the proximal seal.
7. Remember, when adding socks, make sure the sock is not placed over all of the seals; this could lead to loss of suspension.

Removing

1. Remove the one-way valve at the end of the socket and pull your limb out of the socket.
2. Remove any socks and roll down the liner

Cleaning the liners

1. Gel liners come in pairs. Wear a clean liner everyday that was not worn the day before. Liners need 24 hours to dry and “restore” their shape and condition.
2. Turn the liner inside out to wash the gel side. Rinse with water and lather surface with a small amount (1-2 squirts) of liquid soap. Non-scented antibacterial soap is recommended (i.e. Softsoap, Ivory, etc.). Dial antibacterial soap is not recommended. Never “scrub” the surface of the gel.
3. Rinse well, making sure no soap residue remains on the gel surface.
4. Blot the liner dry on a lint-free towel.
5. **Return the liner to right side (fabric side) out** and allow to dry on a flat surface. It is okay if the fabric side gets wet. Allow the liner to air dry.

Poor hygiene often causes skin irritations, infections, and is a major part of tissue breakdown.