



p&o care  
ottobock.  
care

Des Peres: 314-775-2041  
Fairview Heights: 618-212-0006  
Festus: 636-232-2982

Patient Education:  
Transfemoral  
Seal In Liner Suspension

### HOW TO PUT ON YOUR PROSTHESIS

1. Place A&D Ointment along the incision line, and any other areas needed, but do not cover the entire leg in ointment.
2. Turn the liner inside out and flatten the bottom of the liner as much as possible.
3. Place the liner on the end of the residual limb,
4. Using the pads of your fingers and palms of your hands, pull up the liner onto your residual limb. Make sure there are no wrinkles in the liner. Make sure your seal is flat and the open edge is facing upwards.
5. If socks are necessary, place them over the liner. Tuck the end of the sock under the seal.
6. Spray seal and socket with alcohol or rub with hand sanitizer.
7. While standing, place your residual limb into the prosthesis. Shift your weight onto the prosthesis. You should hear air escape out of the air valve as you apply pressure. Shift weight on and off the leg 5 or 6 times.
8. You will settle further into the socket as you walk.
9. Unscrew the valve to ensure you are all the way into the socket. Replace valve.

### HOW TO TAKE OFF YOUR PROSTHESIS

1. Reach down for the round button near the bottom of the hard interface. Press it in while pulling on the interface. If you are not getting out easily, unscrew the air valve.
2. **Always** check your skin for any areas of irritation or **redness lasting longer than 15 minutes every time you take** off your prosthesis. **If you notice anything unusual or redness lasting longer than 15 minutes, call P&O Care Ottobock.care immediately.**

### LINERS & CLEANING

It is imperative you clean your liners by hand with **mild liquid soap (dove, Ivory)** after wearing. Bar soap is NOT recommended as it can leave residue on the liner. The inside of the liner maintains in constant contact with your skin in a warm, moist environment in which bacteria can grow quickly if not cleaned daily. Do not use a washcloth, as it can be a source for new bacteria, and be sure to rinse off all soap as skin irritation can occur. Leave the liner to air dry, keeping it out of the sun. Store the liner with the fabric side facing out; you do not want to damage the inside of the liner.

Be careful not to damage liners with your fingernails when donning (putting on) the liner. Even very short nails can leave marks in the liner, therefore use the pads of your fingers and palms of your hands to roll on the liner.

**NEVER** sleep overnight with your liner or prosthesis. Your residual limb needs adequate time to breathe and if the liner is not doffed nightly, very serious infections and rashes can occur.

### SHRINKERS

We strongly encourage you to wear a shrinker any time you are not wearing your prosthesis, especially while sleeping, as your residual limb may change over night. Be sure to check for wrinkles, as over time the shrinkers begin to fall down. Notify your practitioner when the shrinker is too large.



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## WALKING BASICS

It is extremely important that whenever any amount of your weight is on the prosthesis, your knee must be in a completely locked position. When your weight is not on the prosthesis, you may bend your knee freely and advance the limb forward. **Do not walk with your knee bent!** This poor gait pattern not only expends more of your energy, but it can cause instability and possible injury.

## WALKING AIDS

It is strongly recommended that new amputees use a walker or cane for additional stability with a new prosthesis. If a cane is used, hold it in the hand opposite the side of the prosthesis. This provides you with a larger base of support and therefore, more stability. Typically after completing physical therapy, most patients will have enough strength to ambulate without a walking aid. (Determined by your physical therapist)

## SOCK MANAGEMENT

Everyday your residual limb will change in volume. For example, you may find in the morning, your limb will be more swollen and throughout the day it will reduce in size. Sock management becomes a vital part of your daily use of a prosthesis and can change from day to day. Prosthetic socks are categorized by the thickness or "ply" of sock. You should have a supply of 1, light weight (1-2ply), 3 ply and 5 ply socks to manage the daily volume fluctuation of your residual limb. You may use any combination of socks to achieve a snug fit. Add socks if you feel pressure on the bottom of your limb. Remove socks if you feel too much pressure. Be sure to avoid any wrinkles in the socks and make the socks are tucked under the seal before donning the leg. If you don't check, the liner will not seal and you will have extreme difficulty doffing your prosthesis.

**STAIRS & RAMPS** Navigating stairs can be a daunting task, however navigating stairs is best remembered by this catch phrase: "Up with the good, down with the bad" As you are ascending stairs, begin each step up with the good leg, followed by the prosthesis. As you descend stairs, begin with your prosthesis followed by your good leg. When a ramp is encountered, do not approach it head on. Instead, approach it in a side step manner leading with the leg that feels most comfortable.

## FREQUENTLY ASKED QUESTIONS

- 1. Is my prosthesis waterproof?** No. Rain or light sprays of water will not damage your prosthesis, but DO NOT submerge or take a shower in your prosthesis
- 2. How often will I need to see my prosthetist?** The relationship between a patient and prosthetist is lifelong. After the initial delivery appointment, a one week follow up appointment is scheduled. Typically, we recommend yearly check ups with your prosthetist if all is going well, but you should schedule an appointment any time you have any problems with the prosthesis.
- 3. When I try to put on my prosthesis I am not getting all the way in, what should I do?** Recheck the liner be sure the seal is turned up, make sure the air valve is in place, and respray the seal and socket with alcohol.
- 4. If something is wrong with my prosthesis, can I fix it myself?** NO. **Never** attempt to make any modifications/adjustments or repairs to your prosthesis. You may permanently damage the device, void the manufacturers warranty or severely injure yourself.