



PUTTING ON YOUR LINER

1. First, turn the liner inside out and flatten the bottom of the liner as much as possible. The end of the liner should not be cupped or rounded like a bowl.

TIP: 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.

2. Center the liner on the end of your bare residual limb (do not wear your shrinker underneath the liner) making sure the liner is as flat as possible. Using the pads of your fingers and palms of your hands, roll up the liner onto your residual limb. Make sure there are no wrinkles in the liner.

WEARING YOUR LINER

We recommend wearing the liner 5-8 hours during the day. Take the liner off at night and clean as described below. Your residual limb needs adequate time to breathe and if the liner is not taken off nightly, an infection or rash may develop.

We strongly encourage you to wear a shrinker any time you are not wearing the liner, especially at night. Be sure to check the shrinker for wrinkles, as over time the shrinkers begin to fall down.

CLEANING

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. Therefore, it is important to clean the inside of your liners by hand with soap daily. **Foaming, anti-bacterial soap is recommended.** Bar soap is NOT recommended as it can leave residue on the liner. Washcloths are also discouraged because they can be a source for new bacteria.

HOW TO CLEAN YOUR LINER

1. Turn your liner inside out.
2. Put a dime to quarter size amount of soap onto the liner, gently massaging the soap into the liner.
3. Rinse all soap into rinse off all soap/suds.
4. Pat dry with a clean towel.
5. Turn liner right side out and allow to air dry, out of the sun. You may place the liner down on a table or use a liner stand (if provided).

Please notify your practitioner with any questions, problems or concerns.