

# Gel Liners

Gel Liners offer comfort, support of your prosthesis.

A gel liner with a pin or lanyard at the bottom provides suspension of your prosthesis

Always follow specific instructions given to you by your doctor and practitioner.



## **General Information Gel Liners:**

Gel Liners come in different materials, thicknesses, lengths, and designs. Depending on the design of your prosthesis it may provide cushioning alone or include a method of suspension. Some gel liners include a pin or lanyard as a way to fasten into your prosthesis and create suspension. Gel liners create an intimate fit between your residual limb and socket. Sometimes prosthetic socks are also worn (between the liner and socket) to maintain the intimate fit as your limb volume changes.

Prior to wearing your gel liner, it is important to check the following things:

- Make sure your skin is *clean and dry*.
- Make sure your gel liner is *clean and dry*.
  - **DO NOT** wear it for more than 1 day without cleaning and drying.
- Avoid the use of skin creams and salves prior to wearing the gel liner.
- Examine your skin and look for abnormal redness, blisters, bruises, or sores *at least 1 time a day*. Using a mirror may be helpful if you have difficulty seeing any areas on the back of your leg.
- Make sure there are no cracks, rough edges, or worn areas on the device.
- Make sure any straps and pins are secure on the device and liner.
- Check for worn areas or holes in the gel liner.

\*\* If you find any areas of concern or have questions, **contact your practitioner before wearing your prosthesis.**

## **Precautions**

- **Do not** wear a gel liner for more than 1 day without cleaning and allowing to completely dry. Gel liners are designed to be worn for **no more than 1 day** without cleaning. The environment inside the liner next to your skin is a prime area for bacterial growth. Therefore, **do not** wear more than 1 day without cleaning and allowing it to dry.
- Follow the manufacturer's guidelines for cleaning your gel liner. A general guideline is as follows:
  - Turn the gel liner inside-out. Clean the side of the liner that touches your skin by using hypoallergenic NON-Perfumed soap or Isopropyl Alcohol (rubbing alcohol) and water. Make sure to rinse and remove all of the soap or isopropyl alcohol. **Do not** immerse in water. Allow the gel liner to dry completely using a hook or stand provided to you. **NEVER** lay the liner flat to dry!
- Inspect gel liners for any worn areas, thin areas, rips, tears, or holes. If any of these areas are found, contact your practitioner immediately.
- If you have gel liners from different prostheses, check with your practitioner prior to wearing them with your new device. They are usually **NOT** interchangeable.

\*\* If you find any areas of concern or have questions, **contact your practitioner before wearing your prosthesis.**

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