

Liner and Prosthesis Care

For healthy skin, it is important to clean your liner and your prosthesis daily.

Prosthetic Cleaning and Care

It is important to clean your prosthesis daily; bacteria and other impurities can easily build up and transfer to your skin or your liner.

1. Wipe your prosthesis daily with a warm washcloth. You may also disinfect your prosthesis with a solution of water with 5% mouthwash or 70% isopropyl alcohol. Some find a spray bottle solution a helpful resource.
2. If you have used your prosthesis in sand, please try to clear and/or wipe down as much of the sand as possible.
3. If your prosthesis has been splashed by salt water or chlorine, you may wipe it down with fresh water and dry carefully
4. If you cannot get the sand out of the prosthesis, please call for an appointment and we can clean it thoroughly in our lab.

Gel Liner Care

You should have 2 usable liners to use with your prosthesis. For healthy skin, they should be replaced yearly. Insurance companies cover yearly replacements.

1. Never store your liner “inside out” or lay it down “inside out”. The gel picks up impurities quickly and can easily irritate your skin.
2. The gel that is in the prosthetic liners has a “memory”, alternating your liners daily so that the gel can recover will provide the best fit and hygiene.
3. Wash your liner each night with hot water and pat dry. Only use soap if it is the same soap you use on your skin and you are certain you are able to rinse all of it off. Residual soap on the liner can cause skin irritation.
4. Disinfect your liner 2 times per/week with 70% isopropyl alcohol.
5. Sweating: generally it takes 6-8 weeks for your body to adjust to heat of wearing a liner. Your body may also increase sweat production with abrupt climate changes. If you are sweating excessively beyond this period, non-aluminum based antiperspirants can help. The antiperspirant should be applied to the skin at bedtime and given time to absorb before wearing the liner. Products such as Certain-Dry (found at pharmacies) and the skin care system from <https://vitalfitsr.com/collections/limb-loss> has been effective. If you are interested in the VitalFitSR system, please contact us to get a sample to trial.
6. High Activity sweat production: it may be necessary to take off your prosthesis and dry your liner during breaks. Some find it helpful to have their second liner available to change into after they are finished.
7. If your liner has become contaminated, you have chronic skin irritation, or your liner is cracking or wearing out, it may need to be replaced. Please call for an appointment.

Note: Some prosthetic wearers who travel internationally find that water from different countries can affect their skin. In these cases, it may be helpful to clean the liner with bottled or purified water.