

Wear and Care Instructions for an Above Knee Prosthesis - Seal In

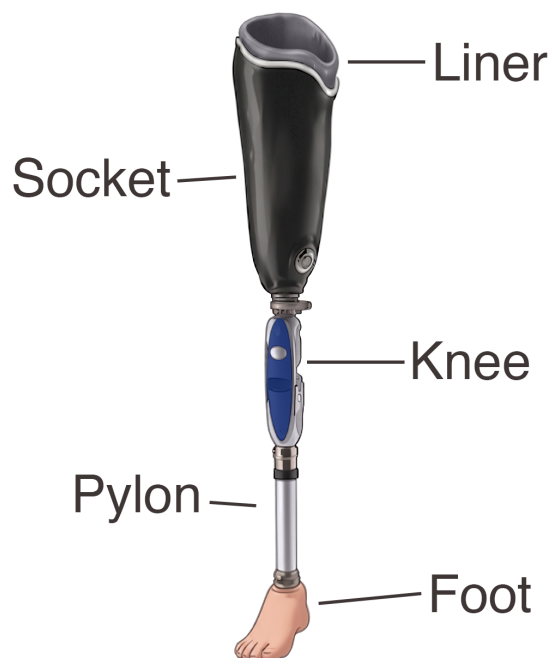


Use your phone's camera to scan this QR code
and follow along with the video

Putting on the Liner

► Follow along with the video for best results

1. Start with your liner. Turn it fully inside out so the gel side faces out. Your liner will be cut to have a tall side and a short side. The short side of the liner should end up covering the inside of your leg and the long side will be on the outside of your leg.
2. Press the end of the liner against the end of your limb making sure there are no air pockets between the liner and your limb.
3. Roll up the liner so the gel side is against your skin and the material side is now fully facing out. Do not pull the liner up on your leg. Roll it up or you're likely to cause wrinkles in the liner. If your liner has a removable seal-in ring pull it on with the material side toward the top of your leg.



Putting on the Prosthesis

1. Now you can put on the prosthesis. You may find it helpful to spray rubbing alcohol into the socket or put hand sanitizer on the seal-in ring. Unscrew the valve at the bottom of the socket. Slide the socket onto your leg. Some resistance is normal. When your leg is completely in, take the valve and screw it back in.
2. With the valve back in, shift your weight side to side and press the valve button to release any trapped air.

HELPFUL TIP - Don't use a tool to tighten the valve because the value could become too tight and you will not be able to get back out. Finger tight is good.

Break-In Period

When you receive a new prosthesis you will go through a break-in period. This is true even if you've worn a prosthesis for many years. Your practitioner will talk to you about a custom break-in schedule that may look like this.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
30 min in the morning	1 hour in the morning	2 hour in the morning	3 hour in the morning	4 hour in the morning	5 hour in the morning	Full time wear
30 min in the evening	1 hour in the evening	2 hour in the evening	3 hour in the evening	4 hour in the evening	5 hour in the evening	

Taking Off the Prosthesis

Sit down, unscrew and remove the valve, then push the prosthesis down and off your leg. Make sure to put the valve back in so it doesn't get lost.

How to use Prosthetic Socks

Your limb will swell and shrink throughout the day and may not always be as snug in your prosthesis as you would like. Prosthetic socks solve this problem. They help manage the fit of a prosthetic socket by taking up space. Socks vary in thickness referred to as ply. The smaller the ply number the thinner the sock. It's likely your socks will come in two pieces. One part for above the seal in ring. The other is for below the seal in ring. To put on a sock, pull it over your liner making sure it's laying smooth and not covering the seal in ring. Wearing multiple socks at the same time may be necessary to maintain a good fit throughout the day.

Common Signals You Should Put on a Prosthetic Sock

1. If you feel pain at the bottom of your femur, or pressure in the groin, try adding a sock.
2. If the height of your prosthesis felt good at one point, but now feels too short, try adding a sock.
3. If the prosthesis is rotating on your leg, try adding a sock.
4. If your prosthetic socket is rocking and putting pressure on the sides of your limb, try adding a sock.

When to Lessen the Amount of Prosthetic Socks

1. If you're wearing socks and your socket feels too tight, remove socks until it feels better.
2. If you're wearing socks and feel like you can't reach the bottom of your socket, remove socks until you're able to get to the bottom.
3. If the height of your prosthesis felt good, but now it feels too tall, remove socks until this feeling is resolved.

HELPFUL TIP - If you are regularly wearing more than 6 ply of prosthetic socks, make an appointment to see us. We may be able to add padding to your prosthesis to lessen the amount of socks needed.

Cleaning Instructions

Liner Cleaning Instructions — Your liner should be washed after every use.

1. Turn the liner fully inside out so the gel side faces out.
2. Wash the liner with warm water and soap. You can use your hand or a washcloth, but don't use abrasive scrubbing tools.
3. Wipe down the liner with rubbing alcohol once a week to kill any bacteria, and then rinse it well with warm water.
4. Turn the liner back material-side out to dry. If you have a drying stand you can put the liner on the stand. If you do not have a stand just lay it flat to dry. Make sure the liner is fully dry before wearing it again.

HELPFUL TIP - Check your skin every day. You can use a mirror to inspect the end of your limb. If there's an area that is irritated, look at the area on your liner to see if it is breaking down. Look for areas of breakdown, rips, or tears in the gel material. If you find an area breaking down or an irritated area on your leg, please reach out and let us know. We'll start the process of getting you a new liner.

Sock Cleaning Instructions

1. Hand wash prosthetic socks with warm water and mild soap. You can also put them in a washing machine on a delicate cycle.
2. Allow the socks to fully air dry before wearing them again.

Socket Cleaning Instructions

1. Hand wash the inside and outside using warm water and mild soap.
2. Occasionally wipe down the inside of the socket with rubbing alcohol to kill any bacteria.
3. Dry off the socket with a towel or allow it to air dry. Make sure it is fully dry before putting it back on.

Additional Information

Your shoe choice is very important and will impact the alignment of the prosthesis. If you plan on wearing multiple shoes with different height heels, please bring them in. We will try to accommodate as many shoes as possible.

If you've received a shrinker it should be worn when you are sleeping. Shrinkers keep your limb from swelling during the night.