

Caring for Your Liner

WestMARC

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What is my liner?

This is the interface sock between the socket of your prosthesis and your skin. It will be made from a material such as silicone or urethane and may or may not have a locking pin or seal. Your prosthetist will select the liner size, material and design to suit your specific needs; there are many brands and types.

Ask your prosthetist to fill this in:

The type of liner I have is a:

How do I put it on?

Nearly every liner requires the same method to put it on (donning) with one notable exception - the Otto Bock Uneo Urethane cushion liner range, sometimes called TEC.

For all other liners:

1. Make sure your skin on your stump is clean and dry.
2. Turn the liner outside in. If your liner has an integral suction seal on the outside, you may need to spray on a little lubricant to the seal first.
3. Hold the flattened liner end against the end of your stump. If your liner has a pin, feel through the liner layers and make sure the pin is correctly angled - this may take practise in the beginning.

4. Gradually unroll the liner up your stump.
5. Remove and reposition if it is incorrect, you cannot pull the liner into the correct position once it's on.

How do I take it off?

Simply unroll the liner all the way to the bottom of your stump, i.e. the reverse process to putting it on, and allow it to fall away into your hands. Don't be tempted to remove it without unrolling completely as it will grip your skin which may bruise.

How is Uneo or TEC different?

Unlike the other liners this type requires a layer of lubrication between them and your skin to allow the flow properties of the material to work. To put the liner on apply some moisturiser to your skin and pull the liner on like a sock. Take time to work any trapped air bubbles up and out of the liner.

To remove the liner simply ease it off your stump, it may require a bit of wriggling.

How should I clean my liner?

It is essential you clean your liner every day using antibacterial soap and water. Lather the inside and outside surfaces of the liner, rinse well and repeat. Dry with a towel and allow the fabric cover, if you have one, to fully dry in the air. Do not tumble dry.

If your liner does not have a fabric cover then a light sprinkling of talc on the outside surface will make it easier to put on.

Are there any other care instructions?

Your liner should last a minimum of 6 months.

If you have a pin liner check your pin is tightly screwed into the liner. Take care with the pin when putting the liner on and off in case it punctures through the liner. Once a week use the nozzle of your vacuum cleaner to clean out the lock from the inside.

If you have a suction seal liner you may need to use lubricant spray, as advised by your Prosthetist. Sometimes the spray bleaches the colour from the liner cover; this does not affect its function. Once a week use the nozzle of your vacuum cleaner to clean out any debris from the valve from the inside.

How do I stop the edge of the liner irritating my skin?

This is a common problem for transtibial liner users. The liner puts tension on your skin which can cause irritation, even blistering, at the edge. If your skin is intact try running your finger under the top 2cm of the liner all the way around to break the tension. Applying a non-absorbent cream, e.g. Vaseline, along the top inside edge of the liner may reduce irritation.

If your skin is broken apply your normal or recommended dressing as necessary.

My pin liner limb is stuck on, how do I get it off?

Firstly check if the button release mechanism is tightly screwed in place, tighten it clockwise if not. If it has fallen out and been lost or broken use a pen or narrow screwdriver to replicate the push inwards action of the release mechanism and contact WestMARC to have a replacement fitted.

If the release mechanism is OK but the limb is still stuck, this is usually because threads from a stump sock have become tangled around the pin and caught up in the locking mechanism. You may be able to pull and tug the sock so that it becomes disentangled from the lock allowing it to function, but if it does not release the best way to remove the limb is to remove your stump from the liner leaving the liner inside the limb.

In order to do this you should follow these instructions:

- Fill a basin with soapy water, preferably a very slippery soap like washing-up liquid, and get a small jug or cup. Oil such as baby or sunflower would also work but will make much more mess.
- Assume you will not be able to put your pin liner limb back on so have your wheelchair, crutches or spare limb if you have one, ready.

- Pull the top edge of the liner away from the skin on your leg. This creates a gap into which you can start to pour the soapy water.
- Wiggle and stretch the top of the liner, even try to get your fingers down inside it, to feed the water downwards inside the liner. The liner and leg usually come away very easily from your stump.
- Wash your stump to remove all traces of soap.

Once you remove the leg and liner, you may find it quite easy to see where the problem has occurred, especially if sock fibres have been stuck in the locking pin. If you do manage to remove the liner, you should give it a good wash and dry inside and outside to remove any residue.

More often the liner and leg are still stuck together and you cannot separate them. Please contact WestMARC to arrange a repair.

Contact Details

Opening Times: Monday to Friday 8.30am to 4.30pm

Telephone: 0300 790 0129

(Monday to Friday: 8.45am to 4.15pm).

An answerphone is available if the phone lines are busy.

Website:

www.nhsggc.org.uk/your-health/health-services/westmarc

Email: westmarc@ggc.scot.nhs.uk

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