



30 International Drive, Suite 201, Portsmouth, NH 03801

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## **PATIENT INSTRUCTIONS FOR WEARING AND CARING FOR YOUR LINERS**

### **Putting on your Liner**

Before putting on your liner, make sure that your limb is clean, dry and free of soap residue. Cover open wounds and non-intact skin with a gauze patch. **DO NOT** apply any type of lotion or powder to the residual limb or to the Alpha Liner as these products could damage the liner.

Invert the liner so that the gel side is facing out and place the end of the liner against the end of your limb. If using a Locking Liner, center the pin attachment on the bottom of your limb.

For a BK liner, the Alpha logo and serial number should be in the front.

For the Alpha Classic AK liner, the logo should be on the lateral side (outside).

For the Alpha Hybrid AK liner, it does not matter which way the logo is facing. Varying the orientation from day to day can prolong the life of the liner.

Carefully roll the liner up onto your residual limb with the gel side against the skin.

**DO NOT** pull the liner onto the limb. Pulling the liner may stretch the skin and result in an uncomfortable fit.

Make sure that there are no wrinkles or air pockets between the limb and the liner and then put on your prosthesis.

### **Daily Cleaning**

Proper hygiene is extremely important when using an Alpha liner. The liner must be thoroughly cleaned at the end of each day of wear and disinfected once each week. WillowWood highly recommends having two Alpha liners so that you can wear one while cleaning and drying the other.

With the gel side of the liner facing out, clean the liner thoroughly with lukewarm tap water and body soap that does not irritate your skin. Apply the soap with a clean, soft cloth or sponge.

Note: **DO NOT** scrub the Alpha liner. Scrubbing can roughen the surface of the liner, which can then irritate the skin.

Rinse **ALL** the soap residue from the liner with water.

### **Weekly Disinfecting**

Mix 1 gallon of water with 4 tablespoons of Clorox bleach in any empty, clean milk bottle

Tip a small cup of solution into liner each week and splash for two minutes.

Rinse the diluted bleach from liner with water.

Place the liner, fabric side out on the Drying Stand.



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### **Storing the Liner**

When the liner is not being worn, it should be stored fabric side out in a cool dry place. If the liner will not be used for an extended period, cover the dry liner with a clean plastic bag.

### **Perspiration**

If you engage in an activity that could result in excessive perspiration, periodically remove the liner and dry off the liner and residual limb to prevent slippage of the liner on the limb.

### **What you should know about managing volume loss:**

It is completely normal for the volume of your limb to change during the day. When your limb shrinks, the socket no longer fits as snugly as it should. As a result, your socket may slip down your leg and your limb may move around inside your socket causing your liner to wear out prematurely.

There are many options for addressing volume changes, including the application of Alpha Volume Management Pads to the areas where your limb has shrunk. If you have experienced a volume change, ask your prosthetist about the best solution for you.

If your prosthetist provides you with a set of Volume Management Pads, be sure to follow the instructions included with the pads. Please contact your prosthetist if you have any questions about using the pads.

Sometimes when your limb shrinks, you will feel discomfort on your limb; however, the area where you feel discomfort is usually not the area where the limb has shrunk. A pad will only help if it is placed on the area where volume has been lost. For example, if you are a BK amputee, the area where you will most likely lose volume is the area at the back of your leg, even though you may feel discomfort at the front of your leg.