

# ) Nightly Cleaning Ritual for Gel Liners



**Remove liner from your limb and turn it inside out.**

**Using a mild soap and your hand, thoroughly clean the inner surface of your liner.**

We recommend *Palmolive Clear for Sensitive Skin* or *Ivory Clear for Sensitive Skin*.



**Rinse the liner thoroughly to remove all soap residue.**



**Pat the liner dry with a towel.**



**Turn liner right side out and place on drying stand or lie on counter. Never leave liner turned inside out (gel side out).**



**Clean and inspect your limb. If necessary, apply lotion.**

NOTE: The only time to do so is immediately following nightly cleaning. This allows the lotion to soak into the skin during the night and ensures that no lotion is on your skin when you apply your prosthesis the next morning.

**Keeping both your liner and limb clean is essential. Failing to adhere to a regular cleaning routine can cause serious skin irritations from bacteria and fungus buildup. Follow the steps above every night to ensure a clean prosthesis and healthy limb.**