

How to put on an artificial limb (prosthesis) that has a gel or silicone liner



Information for patients
Prosthetics



PROUD TO MAKE A DIFFERENCE

SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST



This leaflet describes how to put on (don) and take off (doff) your artificial limb

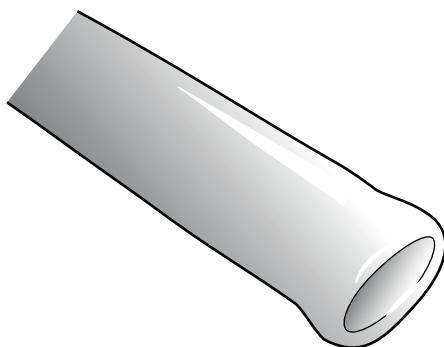
When you first take delivery of your artificial limb, your prosthetist will show you the correct way to put it on and take it off.

You should not put the limb on until you have been shown how to do this correctly and you are confident that you know what to do.

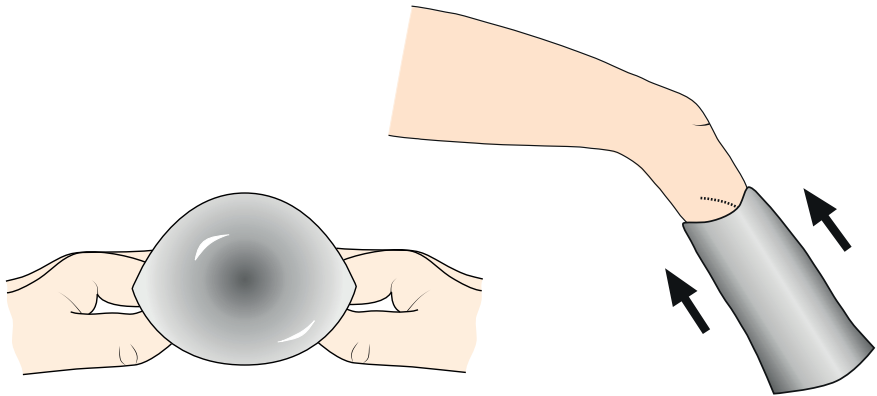
A stump sock is often worn over the gel or silicone liner to maintain a good fit. Stump socks come in different thicknesses depending on the material. These include terry towelling, cotton or nylon. Use a clean sock every day and remember that your stump may change in size and shape, which could mean that you have to add or take off socks to help the artificial limb fit more comfortably.

There is a separate leaflet called '**Stump socks**' which explains this further. Ask your prosthetist if you would like a copy.

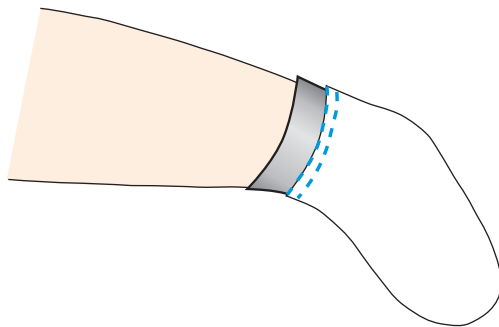
1) Turn your liner inside out. If the liner has a fabric cover, this should be quite easy. If it does not have a fabric cover then use a little talcum powder on the outside before rolling it inside out. This helps the two surfaces slide easily between each other. Check that the liner is totally clean inside and if not then wipe it out with a damp cloth and dry it before putting it on to avoid problems with your stump (residual limb).



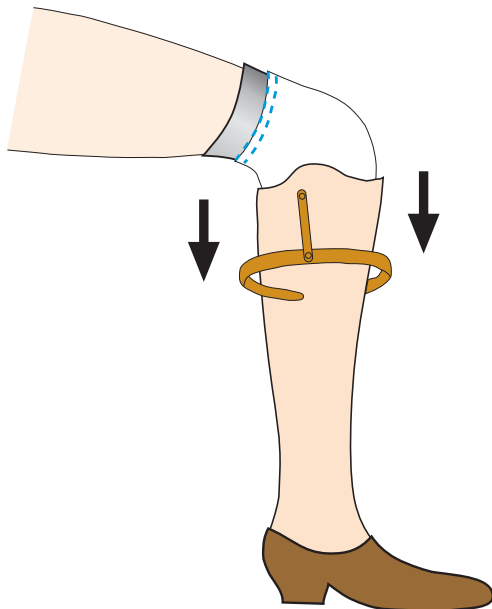
2) Place the inverted liner onto the bottom (distal end) of your stump, as central as possible. Place the palm of your hands flat at either side of the liner and pull up to roll the liner over itself and up over the whole surface of your stump. It should be long enough to at least cover your knee. Please be careful when rolling the liner up so you do not dig your fingernails into the material.



3) Pull a stump sock (if required) over the top of the liner and make sure that the sock is pulled on quite firmly.

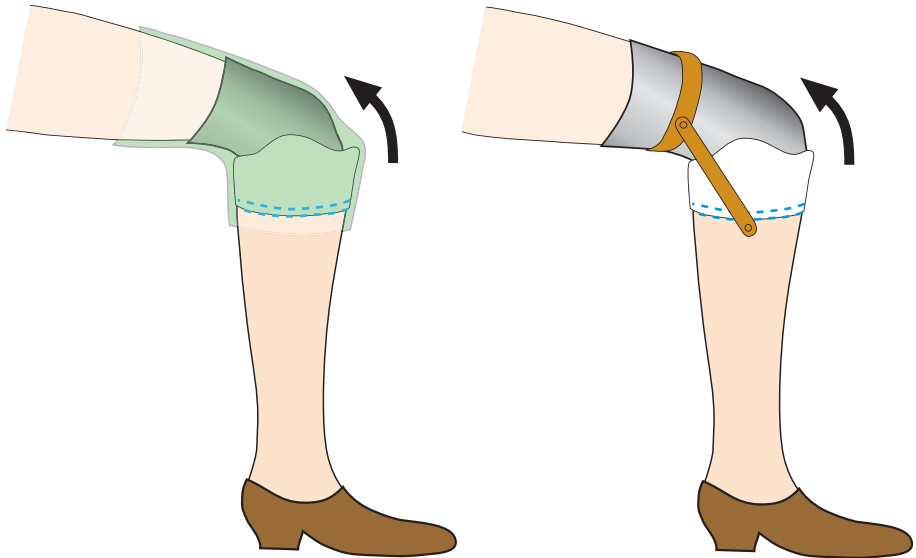


4) Gently push your stump and liner into the socket. Often, there will be an air valve situated somewhere on the socket to let the trapped air escape. You may hear the air escaping and this is normal. If necessary, push down on your knee with your hands or stand up to get the liner totally into the outer socket.



5) Fold your sock(s) back to cover the edges of the socket and roll your suspension sleeve up over your knee so it is in contact with the skin and makes a good seal.

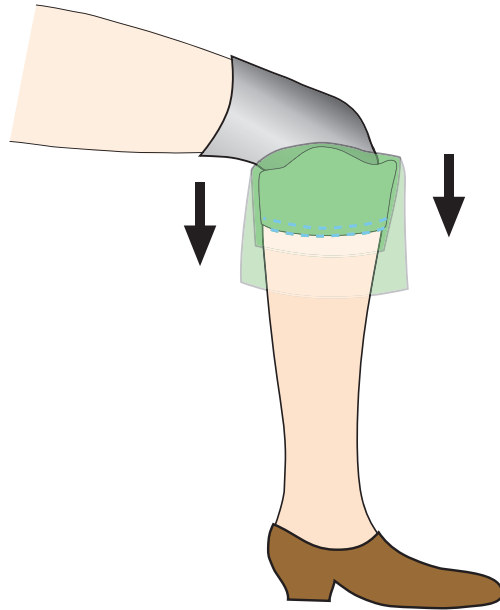
If you have a cuff strap, fasten it securely.



6) Before setting off, check that the artificial limb is on securely by lifting your limb slightly off the floor and pushing down on the socket with your hands.

When you stand up or set off walking, you may sink further into the socket as more air is expelled. Please do not be alarmed as this is normal.

7) To take off your artificial limb, roll down the suspension sleeve or unfasten your strap. While pushing down on the edges of the socket with both hands, pull your stump and liner out. Take any socks you may be wearing off and roll the liner off your stump. The liner will now be inside out again.



It is important to maintain good levels of hygiene at all times but especially when you wear a gel or silicone liner because dirt or debris inside the liner can cause irritation of the skin and unpleasant odours. Wipe the inside of the liner with a damp cloth using soap and water each time you use your artificial limb but at least once every day to remove perspiration and dead skin cells.

We recommend that you regularly examine your stump and if you notice any significant reaction, discuss this with your prosthetist as they can advise you what to do. If the reaction is severe, do not use the artificial limb until you have sought advice.

At the same time, check for any signs of wear and tear or any small tears in the liner material.

If you follow these instructions, we expect the liner to last you 6 months or longer.

If you have any questions on how to put on your artificial limb or if any aspect of this leaflet is unclear, please speak to your physiotherapist in the first instance.

Otherwise you can telephone the M&SRC for advice.

Mobility and Specialised Rehabilitation Centre (M&SRC)
Northern General
Hospital Herries Road
Sheffield

- **0114 271 5566**

or ask the receptionist for an appointment to discuss it with your prosthetist.



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