

Foothills Prosthetics

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What is a Gel Liner?

A gel liner is a product that is worn directly on the residual limb. Gel liners are used to provide suspension, cushioning, pressure distribution, and friction reduction. Gel liners can be used by either below knee, or above knee amputees. All gel liners are made of bio-inert materials such as silicone, urethane, or a mineral based material. These types of materials rarely react with skin. Fabric is usually present on both sides of the liner and will vary in thickness and stiffness.

How They Work

When there is pressure within the prosthetic socket, the gel moves away from the pressure. This helps reducing the pressure felt in any one specific spot. The gel also provides a barrier to help to reduce friction against the skin that may occur while walking.

Application

1. Turn the liner inside out. Make sure the liner is clean and dry and has no substance on it that may irritate the skin.
2. Make sure a good portion of the bottom end of the liner is exposed and place it against the limb. With light pressure, roll it up over the limb. Make sure no air is trapped in the liner. If there is fabric on the outside of the liner, be sure not to tear it with fingernails or jewelry.
3. If there is a pin at the end of the liner, be sure to align it properly.



Care and Maintenance

A gel liner must be kept clean to reduce the chance of skin irritation. · Check the liner daily for signs of damage. To clean a gel liner, use a mild, non-allergenic soap, warm water and hand wash. Do not use bleach, or perfumed soaps. After washing, blot dry with a towel and hang to dry overnight.

Remember to never store the liner inside out, close to heat, expose the liner to objects that can become embedded in the liner and irritate the skin.



If at any time you have questions about your gel liner, please contact Foothills Prosthetics.

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