



# Partial Hand & Silicone Interface

## Wear and Care Guidelines

The following guidelines have been developed to address general wear and care questions with your new prosthesis. Your prosthetist is here to support you. Take all the time you need and ask questions to understand the treatment requirements and goals. If you have any concerns or issues with your new prosthesis call your prosthetist to discuss your situation and needs.

### WEARING SCHEDULE

- Wearing schedules can vary with each patient's clinical need. Begin by wearing the prosthesis for short periods of time, with a rest in between sessions. Gradually increase the length of time until you can comfortably wear your prosthesis all day. The prosthesis should be worn according to and specific instructions provided by the prescribing physician or prosthetist.
- If you experience discomfort, abrasions or blisters, increase the length of rest times between wear sessions. If severe pain or blisters develop, **DO NOT** wear your prosthesis and consult your clinician.

### APPLICATION AND REMOVAL

- When putting on your prosthesis, lubricate your skin with either hand sanitizer, rubbing alcohol in a spray bottle, or a petroleum-free **AND** fragrance free lotion.
- Carefully slide the socket over your limb while pushing the air out from inside. The lubricant will absorb into the skin and form a suction fit.
- Using lubrication that contains oils or moisturizers may contribute to premature breakdown of the silicone, such as Vaseline, baby oil, cocoa butter, sun tan lotion, etc.
- For removal, gently ease prosthesis off by pinching a bottom section of the prosthesis to release suction. **GENTLY** ease off.
- Additional lubrication of rubbing alcohol, a petroleum-free lotion, or hand sanitizer will help in removal if necessary.

### CLEANING AND MAINTENANCE

- Your prosthesis must be removed every night, this allows your skin to breathe and recover. Constant wear can lead to skin breakdown. Do not wear your prosthesis if you have unhealed cuts or sores.
- The silicone should be cleaned daily. Wash with warm water and mild soap, anti-bacterial wipes, or hand sanitizer. Wipe clean with a soft cloth or air dry.

### BEST PRACTICE

- Sharp objects will damage your prosthesis. Use caution when wearing your prosthesis, as a variety of objects can cause punctures, cuts or other damage.
- Avoid heavy exposure to chlorinated and salt waters.
- Avoid prolonged exposure to direct sunlight and UV rays (tanning booths, etc.).
- Store in a cool, dry space out of direct sunlight.
- Do not expose to heating elements or open flames.
- Do not expose to corrosive or caustic materials.
- Ink or dye can permanently stain silicone or plastic. Use caution when handling newspaper ink, hair dye, permanent marker, darker clothing, etc.
- Refer to reference materials for assembly/disassembly information.
- If you have any questions or concerns about your prosthesis, please contact your clinician.