

LIFE-LIKE LABORATORY



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Prosthesis Care

2020



Maintenance Instructions for Life-Like Prosthesis

Putting on your Prosthesis

To put on your prosthesis, apply a thin layer of water-based lubricant (e.g. *KY Jelly*) to the appropriate area. Gently slide the prosthesis on and make sure to push all the air out. Sometimes a slight rotation is necessary once the prosthesis is in place for fit. If the prosthesis slides or rotates, too much lubricant was used. For a foot prosthesis it is highly recommended to use a shoehorn so not to stretch out the fit of the prosthesis. Baby powder can be used to don a foot prosthesis but if the baby powder comes into contact with the outside of the foot it will cause the foot to be shiny over time.

Removing your Prosthesis

You should never just pull off the prosthesis to remove it. That will cause the prosthesis to tear. You will need to break the suction by allowing air to enter. In order to do so, pinch the open end and slide it off. If it is a finger prosthesis you can twist the prosthesis as well to allow air in there. Never remove a hand prosthesis by pulling the fingers. Also, pulling the prosthesis from one point can tear the silicone. Your prosthesis must be removed every night to avoid skin irritation and to keep the tissue healthy. Constant wear for extended periods of time will cause the skin to break down and may lead to infection. Wearing the prosthesis while there are unhealed cuts or sores should be avoided. Be sure to store your prosthesis away from pets.

Bending the Fingers

If there are wires in the fingers of a hand prosthesis always bend the finger at the knuckle closest to the palm (PIP) only. You can put the back of the hand prosthesis on a table and use your other hand to bend the wires inside the fingers to the desired position if need be.

Nails

Acrylic finger or toe nails may be polished as usual. Always use a clear base coat before polishing the nails. This will help to prevent staining of the nail from polishes. Use only non-acetone nail polish remover. Nail polish removers with acetone will dissolve the acrylic nails. Be sure to wash your prosthesis thoroughly with water after using the non-acetone nail polish remover. You can file or shape the nail yourself. When filing the acrylic fingernail, hold the nail down while filing with the other hand. Silicone nails should not be polished.

Prosthesis Care for Passive Restorations

Daily Cleaning:

Fingers, hands and feet must be cleaned daily. Body perspiration contains oils which can accumulate and damage the prosthesis if not removed by proper cleaning. The prosthesis should be washed every day with warm water and a fragrance-free, dye-free dish soap such as *Palmolive Pure & Clear*, both

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inside and out. You may use a soft bristled brush on the prosthesis with extreme care. Make sure the prosthesis is dried properly once you have washed it, leaving it damp or moist increases the chance of mold forming, which cannot be removed.

Weekly Cleaning:

Once a week the inside of the prosthesis should be cleaned with Isopropyl (Rubbing) Alcohol. For a finger you can use a cotton swab and for a foot or hand prosthesis you can use a cotton ball. This will eliminate any residue, perspiration, odors and it will help kill bacteria and prevent mold.

Monthly Cleaning:

The prosthesis should be cleaned thoroughly once a month or immediately if the prosthesis has been in contact with a contaminant such as chlorine, oil or petroleum-based products. To thoroughly clean the prosthesis the prosthesis should be boiled with a few drops of fragrance-free, dye-free dish soap that you clean it with daily, in a pot with a hand towel between the pot and the prosthesis. You want to make sure the prosthesis does not touch the pot because it will cause the acrylic nails to warp and make bubbles on them. The prosthesis should be kept in boiling water for 10-15 minutes.

Prosthesis Care for Myoelectrics

Due to the electronics embedded into the device, immersing it in any form of liquid is prohibited as damage will occur. If you wear the prosthesis daily then you should clean it daily. Wash the prosthesis with a damp soapy cloth and rinse with a damp cloth. For the soap be sure to use a dye-free, fragrance-free dish soap like *Palmolive Pure & Clear*.

What to Avoid

Your silicone prosthesis is very resistant to staining. However, there are some substances that may damage or stain the prosthesis and contact should be avoided.

1. Use only the recommended product to don the prosthesis. Other products can weaken, discolor and stretch the silicone out. Products with oils in them can cause the paint to separate from the silicone as well. Never use Vaseline, petroleum-based jellies, baby oil or lotions to don the prosthesis. Use water-based creams and lotions on your hands only. If you need to apply regular lotion to your skin be sure to wash your hands thoroughly and wait at least 30 minutes for it to be completely absorbed before putting your prosthesis on. Many hair and body products contain oils and should be used only when you are not wearing the prosthesis. Exposure to oils and oily substances will make the prosthesis look shiny and could penetrate the silicone. Do not use oil control cleansers to manage shine - these are abrasive and will add to the tarnished shiny look of the prosthesis.
2. Cooking oils and cleaning solvents should be avoided.
3. Some substances to avoid due to staining possibilities are: blue Wool-lite, dyed or colored shoes, permanent markers, clothes dye, unwashed blue jeans and fabrics, bleach and chronic exposure to cigar and cigarette smoke. Be sure to wash all new clothes before wearing them to

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make sure the dye is washed out. If your prosthesis is stained, quickly wash it with plain soap and water and then rub with Isopropyl Alcohol. If the stain does not come out contact your practitioner to have them to send the prosthesis to us for refurbish.

4. Antibacterial soap.
5. Cheap jewelry. Rings and bracelets must be a pure and high-grade metal such as silver and gold, and leathers and fabrics for covering the margin line on the wrist should not be products that risk bleeding dyes.
6. Sharp objects and abrasive surfaces.
7. Never try to repair your prosthesis with super glue!! Send to us immediately for repair.

Warranty

Each Life-Like prosthesis is covered by a 1-year manufacturer's warranty against any manufacture's defect when proper and adequate care is given to the prosthesis. A 2-year manufacturer's warranty applies when a duplicate device is ordered at the same time, and the devices are worn alternatively to avoid excessive wear. General and wear and tear of the prosthesis is not covered by the warranty. However, Life-Like Laboratory will refurbish the prosthesis one time free of charge within 1 year from the date of invoice.

Adjustments

Any and all adjustments for fit or color are to be made in the first 30 days from date of invoice.