



TECHNICAL LITERATURE CARE AND INSTRUCTION SHEET HIGH DEFINITION SILICONE PRODUCTS

Careful use and simple daily care will maximise the life of the High Definition Silicone product that has been supplied to you.

CLEANING

It is important to observe a daily cleaning routine to remove build ups of creams, soaps dirt and perspiration that can cause adverse skin reactions.

SILICONE NEXT TO YOUR SKIN

Wash the Silicone surfaces that are in contact with your skin once a day with a mild anti-microbial soap in warm water. Rinse the surfaces to remove any soapy residue and dry thoroughly with a clean towel reserved for this purpose.

SILICONE THAT IS NOT IN SKIN CONTACT

Wash down external surfaces with warm soapy water at least once a week. If the foot or the hand of the prosthesis is particularly dirty it may be soaked in warm water. Dirt can be removed from specific areas by lightly brushing the surface with a toothbrush. **Cleaning chemicals must not be used.**

Take care to ensure that water is **not** allowed to penetrate the inside of the prosthesis as this will damage mechanisms and will cause odours. **Inspect** the prosthesis carefully to identify any potential entry points. Access holes may be required for adjustment purposes on these prostheses.

SILICONE LINERS AND PARTIAL FEET

Silicone feet and silicone liners can be boiled in clean, detergent free water for 6 to7 minutes. Note that partial feet with any sort of foam insert should not be boiled but can be soaked in warm, soapy water and then dried carefully with a towel reserved for this purpose.

- Routinely examine your residual limb for adverse skin reactions. Should you notice **any** significant reaction discuss this with your pharmacist or medical practitioner. They can advise you on any appropriate treatment. Should a severe reaction occur **do not use** the prosthesis until professional advice has been sought.
- Your silicone product is tough but please avoid damage with sharp fingernails, rings, sharp stones in the shoe and contact with sharp objects. Should a tear occur it may be stopped from spreading by punching a small hole at the end of the tear.
- Bright sunlight can affect the pigments used during manufacture of these products. This effect is slow but it is sensible to store the prosthesis away from strong daylight or heat.
- When the product is used for bathing and beach activities always wash in clean, fresh water after use to remove traces of salt, sand or chlorine.
- Permanent inks, sun tanning products and dyes associated with leather products including shoe polishes can quickly and permanently stain these prostheses. Frequent washing after use will minimise these effects.
- Avoid excessive pressure between sockets and internal mechanisms of the prosthesis and the environment as this may cause tearing. As an example, avoid taking full body weight through the knee on the prosthetic side.
- Avoid situations where fingers or other surfaces may be subject to abrasion.
- Note that hairs fused into the surface of the prosthesis will wear away if subject to frequent rubbing.
- The surfaces of nails on these prostheses can be painted, however the nail varnish will require renewal on a daily basis. Varnish may be removed with a careful application of proprietary varnish remover and this may also be used to prepare the surface for varnishing. Use this chemical very sparingly and **observe the manufacturers Health and Safety** recommendations on the pack.

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