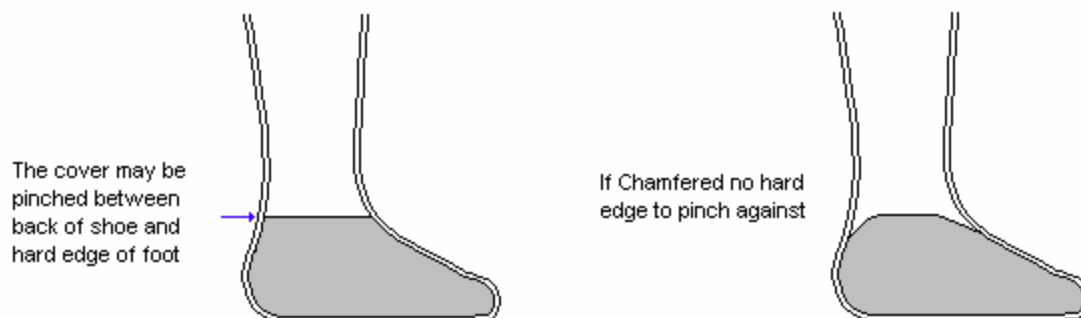


Product Update – October 2004

The latest tips for fitting **Skinergy™** Silicone Leg Cosmeses

Skinergy Covers provide a durable and realistic cosmetic finish for trans tibial prostheses. They are manufactured from a Silicone based polymer, **Tufsil 2**, chosen because it has excellent cleaning properties, is tear resistant and can be stretched in any direction by over 25%. These characteristics allow it to conform to the underlying structure. It is NOT recommended that the cover is fitted over a firm inner cosmesis such as Plastazote™, alternatively it can be used to cover an exo-skeletal shell. It is **not** recommended that **Skinergy** Covers be fitted to soft foams. When this is necessary, compression of the foam should be avoided by carving the foam to provide a snug, but not tight fit. Previously the silicone adhesive provided has been used to tack the cover in position however, customers have requested a more durable bond and **a new high bond adhesive is now provided as standard in the box.**

We have found that it is important to graduate the transition between the Plastazote™ and the foot shell. To do this, sand the outer, upper, edge of the foot shell to form a generous 45° chamfer. The lower end of the shin foam is profiled to match and the two components are bonded together using a contact adhesive once the prosthesis has been satisfactorily aligned. It is particularly important to form this transition over the Achilles tendon aspect of the foot.



It is possible to fit the cover to the prosthesis while sitting, but it is better to use a wooden form fitted into a vertical post mounted on a workbench (for instance a vacuum station pole) This provides better control when sliding the cover in place.

Skinergy now has its own web site at www.skinergy.info. You will find the latest information and a step by step fitting guide on this site.

Skinergy leg covers will accept nail polish/varnish applied directly to the surface however adhesion is poor. Because the material is flexible the varnish flakes off quickly. To improve adhesion, it is necessary to create an interface between the silicone and the varnish. This is done by taking a small piece of clean fine cotton or linen cloth and cutting "nail" shaped pieces from it. Smear the adhesive supplied with the leg cover onto the nail bed of the leg cover. Position these fabric nails onto the glue, pressing firmly to force the glue into the fibres. Cure for about 1/4 hour or gently warm the surface with a hairdryer to speed the reaction, then paint the surface with nail varnish. Usually three coats will be required to provide a smooth surface.

The varnish can be removed with a regular acetone-based nail polish remover, but do this cautiously as this may result in some cumulative damage to the leg cover. Do not immerse the leg cover in acetone and limit your exposure to this chemical. A new coat of varnish can be applied as necessary. Finally, wash the surface of the leg cover with soap and water.

Donning Instructions:

Remove the **Skinergy** cover from the packaging and **lightly lubricate the outside of the cover with a water based lubrication jelly**. It is not necessary to heat the cover. Although this is unlikely to cause damage, it is unnecessary when the correct lubricant is used. Once the **Skinergy** cover is fully fitted, clean it with a damp cloth to remove excess lubricant. The cover can then be trimmed, and secured as appropriate.

Attachment to the Socket:

If, instead of suspending the cover by tension it is necessary to secure it in place, an **improved** adhesive is now supplied in the box. It is also available separately, kitted with spare patches.

Roll down the cover, exposing about 2.5 cm (1") of the socket and remove any foam in this area. Clean around the top of the socket and the matching area inside the cover to remove dust, oil, talc or any other substance that may prevent adhesion, using a solvent based residue free cleaner. Run a bead of adhesive around the brim and smear so that a thin film about 1.5 cm wide covers the socket surface up to the edge. Roll the cover over the socket edge and hold the cover in place. Heat the outer surface of the cover with a hot air gun for about 60-90 seconds taking care not to overheat or create hot spots. Hold the cover firmly against the prosthesis using an elastic (Ace™) bandage. The adhesive will cure to about 90% strength in 20 minutes. Cut the surplus **Skinergy** away with a sharp blade or scissors.

This method works well for laminated sockets however the glue provided does not adhere to materials used for draped sockets, with these an interface is required. Sometimes it is also necessary use the following technique when the cover must be removed for adjustments.

Make a thin cotton / linen strip about 1.5cm wide and fix this to the proximal socket brim using a petroleum based contact adhesive. When the glue is fully dry, raise a napp on the cloth with coarse sand paper. Use the **Skinergy** adhesive and the technique described above to secure the cover to the fabric.

If it is likely that a more permanent bond is required Loctite™ 406 or 424 can be used, primer 770 improves adhesion. **Note: Follow the manufacturer's instructions.** Removal without damage is not possible using this method.

NOTE !: Always follow manufacturers instructions when handling adhesive materials and other chemical. Wash hands thoroughly.

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Web: www.rslsteeper.com and www.skinergy.info for specific product information and a pictorial demonstration

The design and manufacturing of **RSLSTEEPER** equipment and components are subject to a policy of continuous reappraisal. The Company therefore reserves the rights to introduce changes and withdraw products without notice.

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