

## AK Donning Iceross with Velcro Lanyard – Instructions



- Thoroughly wash Iceross silicone gel insert before donning.
- Antibacterial soap and isopropyl alcohol work well to sanitize.
- Rinse completely and dry.
- Strong odors are a warning that bacteria may be contaminating the insert.
- Significant skin irritations can develop if either the insert or the residual limb is not properly cleaned.

- Invert Iceross and roll up. Keep hands on leading edge and be careful not to stretch or wrinkle insert. Make sure no air is trapped between skin and silicone liner.
- The goal is to apply the gel without stretching or causing uneven pressure on the skin.
- The insert should extend to the top of the thigh and contain all the soft tissue up to the groin.
- The Velcro lanyard should be facing the proper direction.



- There should be no trapped air between the skin and the gel insert.
- Lubricants may be applied as recommended by the Prosthetist to help prevent skin irritations.

- Stump socks can be applied over the Iceross as needed for adjusting the fit.
- Velcro should be folded over to not allow exposed Velcro hook to catch socks.
- Pull Velcro firmly, drawing stump as deeply into socket as possible. This usually requires moderate strength and will need to be readjusted after standing.
- Here the Velcro is applied directly over the socket.





- Make sure to roll socks over edge of socket to avoid bunching.
- Watch that the sock does not fall into socket. Velcro can be installed to fasten the socks to the outside surface if desired.



- KISS system shown (left) is a common variant.
- Velcro is run back thru a metal loop to provide a longer lanyard to facilitate donning.

**If you have questions regarding this procedure, please call 978-922-2866.**