

## Care and Use Guide Gel Liners

- Gel Liners should be changed daily; alternate between the two you received.
- Insert liner with the gel side facing out and wash liner in the sink with your normal soap.
- After washing, either spray or rub gel side with alcohol to disinfect.
- Then turn liner with fabric side out to dry.
- No one is allergic to the liner but one can develop a rash and odor if they are not cleaned often enough.
- You may experience excessive perspiration at first but, the body adapts. The perspiration becomes less with time.
- Do not use excessive skin lotion, which can contaminate liners, use lotion at night (if desired) after you remove liner for the evening.

