

Care and Handling

Your shrinker is the first step towards your prosthesis. Its purpose is to decrease the swelling in your residual limb and mold your limb into the correct shape for your prosthetic socket. Your doctor has ordered for your shrinker to begin your prosthetic fitting but you must help by following these guidelines:

Your Residual Limb:

-Your physician has cleared you for a shrinker because your residual limb is now healed enough to handle the pressure of this compression garment but you must continue to take care of your incision line and let your doctor know ASAP if any changes occur with your wound.

-Continue all wound care that your doctor (or nurse) has prescribed. Use the shrinker as you would an ace bandage—remove to clean and care for your leg and reapply after limb is dry.

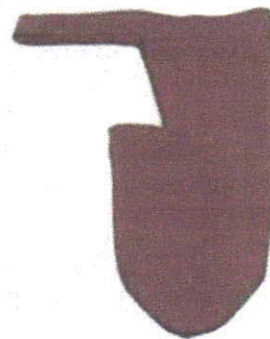
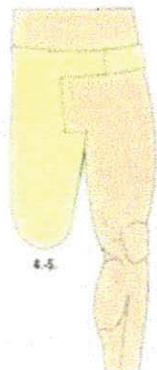
-Make sure your limb is dry and clean every day.

Shrinker Socks:

-Your shrinker socks are a compression garment designed to keep your residual limb from swelling. These are meant to be worn for as much time as you can tolerate. Remove only to clean and care for residual limb. Unless the pressure of the shrinker interferes with your sleep, please try and wear the shrinker throughout the night.

To apply:

1. Pull shrinker up until the end is snug against the bottom of your residual limb and the inner edge is smoothly up against the crease of your groin.
2. Pull the waist belt up over your hip and secure the belt around your waist. Your shrinker should fit comfortably— if there is any “pinching”, readjust accordingly.
3. Be sure to keep your shrinker smooth. Do not let it bunch up on your limb!
4. Cleanse and dry your leg as usual, reapplying your shrinker each time.
5. Change to a clean shrinker whenever needed. Wash as usual but **hang to air dry**— as placing the shrinker in a dryer will damage it.



** As always, please call us with any questions or concerns!

Patient

Prosthetist