



1-800-400-2580

Proper wear of a Prosthetic Shrinker

A shrinker is an elastic garment used to decrease or maintain the volume and assist in shaping of a residual limb after amputation.

Patients should wear shrinkers at all times, once the stitches/staples are removed, until the initial prosthesis is fit.

Once you have your prosthesis, wear your shrinker whenever your prosthesis is not on.

Some patients choose to wear shrinkers at night throughout the rest of their lives, stating that it helps reduce phantom pain and sensations. It can also help with maintaining their volume to ensuring that the prosthesis will fit properly in the morning.

The shrinker is designed to fit over the patients' limb like a sock would fit over their foot. Stretch out the shrinker to encompass the end of the residual limb
Pull the shrinker up onto the limb, making sure not to have any wrinkles. It should be comfortably snug and pulled up over your knee.

Take off your shrinker several times a day and check your skin for any redness. If redness persists more than 10 minutes or sore areas develop discontinue use and consult your Prosthetist or Physician

To Care for you shrinker, wash with mild detergent by hand or on the gentle cycle of the washing machine. Line dry or tumble dry on the delicate cycle of your dryer.