

Shrinker

Wear and Care Guide

You have been given a shrinker to reduce the volume of the residual limb. It is extremely important that you follow the specific instructions given to you by the medical professional that is working with you, as well as following the guidelines below.

Important Things to Remember

- Always wear your shrinker when you are not wearing your prosthesis. This will keep the residual limb volume down, making donning (applying) your prosthesis easier.
- Alternate your shrinkers. When one is being washed, put the clean one on.
- DO NOT sit with your knee in a flexed (bent) position. It is important to keep your knee as straight as possible in order to make the fitting of your prosthesis more successful.

Washing Your Shrinker

- Wash your shrinker according to the manufacturer's instructions.

Preventing Skin Problems

- Check your skin thoroughly every day, especially over bony areas for any red or irritated spots. If you notice irritation or redness over bony areas that does not go away after 15 minutes, call our office immediately.
- Always wear a clean, dry, well-fitting shrinker.

How to Apply the Shrinker

- The shrinker should be pulled on so that there is no gapping at the end, no wrinkling, and no bunching at the top which could restrict blood flow.
- Keep the shrinker pulled as high as possible.
- You may have to keep adjusting your shrinker throughout the day as it will tend to shift.

If you have skin irritation or ongoing discomfort with the use of your shrinker; **discontinue using it immediately** and contact Berke Prosthetics & Orthotics at (650) 365-5861. If you have any questions about the use of your shrinker, please contact the office.