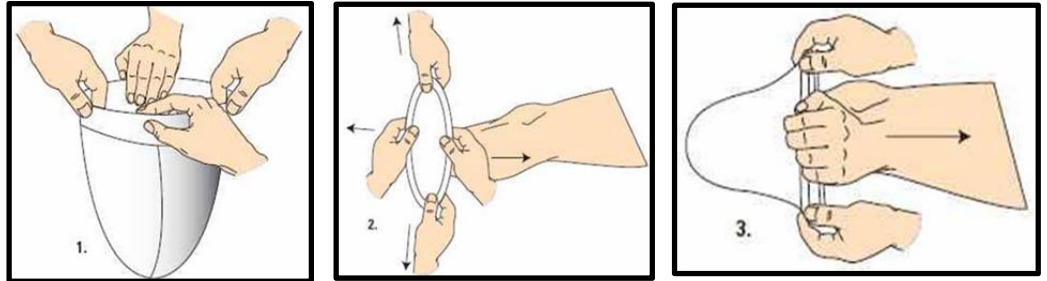




SHRINKERS

HOW TO PUT ON A SHRINKER



1. Roll Shrinker until it becomes flat like a pancake.
2. If another person is available pull on opposite corners to reduce any sheer friction on the incision.
3. Pull the shrinker over the limb and smooth out any wrinkles.

Shrinker Tips

- Wear the shrinker all the time your prosthesis is not being worn.
- Machine-wash regularly and lay flat to dry.
- Wear overnight to prevent swelling.

Frequently asked Q's?

• *What if my shrinker slides off?*

Shrinkers will have a tendency to do this, especially at night as you move around while you sleep. Simply pull the shrinker back up. You may contact your prosthetist for a smaller size if the shrinker is excessively large.

• *What if I can't fit into my leg?*

Often times if you neglect to wear your shrinker, especially at night, your limb will swell up making it difficult to fit into your prosthesis. Put on the shrinker or use an ace bandage to put compression on the limb for several minutes and then try putting on your prosthesis.