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Wear and Care Instructions for an Above Knee Prosthetic Shrinker

How to put on a Prosthetic Shrinker

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1. Before putting on the shrinker make sure your skin is clean and dry.
2. One side of the shrinker will have a waist belt. Pull this side up on your leg. Pull it up until the material reaches your groin and secure the waist belt around your hips.
3. Now pull the plastic ring to the bottom of your limb and pull the lower half of the shrinker material up and over the first layer. Make sure that there are no wrinkles in the material and you're ready to go.

HELPFUL TIP: Make sure that the shrinker is as high as it can go on the inside of your leg. You do not want skin to be able to roll over the top of the shrinker.

Removing a Prosthetic Shrinker

Take off the shrinker by undoing the velcro waist band and pulling the shrinker down and off of your limb.

Cleaning Instructions

You should wash your shrinkers often. They can be washed in a washing machine or by hand. Wash them with warm water and laundry soap and let them air dry. Do not put shrinkers in the dryer.

Wearing Schedule

Recent amputation - We recommend wearing a shrinker as much as you can, ideally 24/7, unless your practitioner tells you otherwise. Initially wear it for a few hours, then take it off to let your leg rest. Increase your wear time as you're able. This will help shape your limb and prepare it for prosthetic use.

Established amputation - Wear your shrinker at night even after you receive your prosthesis. The shrinker helps keep swelling down.

HELPFUL TIP - Check your skin every day. You can use a mirror to inspect the end of your limb. If there is an area that is irritated, reach out and let us know.