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Wear and Care Instructions for a Below Knee Prosthetic Shrinker

How to use a Single Layer Prosthetic Shrinker

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1. Before putting on the shrinker make sure that your skin is clean and dry.
2. Then pull the shrinker up on your leg. The bottom of the shrinker should be snug against the end of your limb.
3. Make sure that there are no wrinkles in the material.

How to use a Double Layer Prosthetic Shrinker

1. Before putting on the shrinker make sure that your skin is clean and dry.
2. Pull one side, or half, of the shrinker up on your leg. If there is a movable ring it should be snug at the bottom of your limb.
3. Now pull up the bottom half of the shrinker on your leg, over the first layer.
4. If there is no ring but a stitched seam, pull the lower half of the shrinker material up and over the first layer.
5. Make sure that there are no wrinkles in the material.

HELPFUL TIP FOR THE DOUBLE LAYER SHRINKER: When both layers of the shrinker are on your limb, the edges near your thigh should be at different heights. One layer should be a little higher, and the other a little lower, this spreads out the pressure and keeps it from being too tight in one spot.

Removing a Prosthetic Shrinker

Take off the shrinker by simply pulling it 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.