

WHAT IS A SHRINKER AND WHAT IS IT FOR?

A shrinker is a compression stocking used in the weeks following amputation to actively control swelling of the residual limb.

WHEN IS A SHRINKER WORN?

A shrinker is fitted once the wound is healed and sutures or staples have been removed. It should be worn at all times unless your doctor tells you otherwise.

The shrinker can be removed for inspection of the residual limb, for dressing changes and to sponge clean the residual limb.

WHAT IF THE SHRINKER LOSES COMPRESSION?

As your limb shrinks over time the shrinker may not provide enough compression. You may need a smaller size and will need to be measured by a prosthetist.

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Information for Patients Wearing a Shrinker

PUTTING ON YOUR SHRINKER:

- 1 First check the leg to check to see if any wounds need dressing. Shrinkers should only be worn over low profile dressings and care should be taken to ensure dressings are secured in place



- 2 Fold top of the shrinker down to create a 'cup' shape down the bottom.



- 3 If someone is available to help, stretch the shrinker 'cup' in four directions. Otherwise stretch it out by yourself



- 4 Pull the shrinker 'cup' as far up the leg as it will go.



- 5 Take hold of the folded edge of the shrinker and pull up to its full length.



- 6 Ensure that the shrinker evenly contacts the entire limb and that there are no wrinkles in the shrinker.

