



SHRINKER INSTRUCTIONS

- ✚ Stump shrinkers are used to reduce, prevent, or control swelling (edema). They are designed to fit snugly and apply pressure to the soft tissues of the stump
- ✚ The shrinker can be applied over dressings as necessary. Dressings should be thin (i.e. a 4x4 opened) so as not to affect the pressure of the shrinker (like a sock in a shoe).
- ✚ Turn the shrinker inside out and stretch it on the donning tube (if you are using one).
- ✚ Bring the stretched out part of shrinker to contact the end of the stump. Align the stitching of the shrinker in the opposite direction of the suture line i.e. if the suture line is horizontal then the stitching should be vertical. This will minimize any tension on the suture line. Ask the patient to hold the leg straight if you are helping the patient put it on and warn that they will feel a momentary pressure.
- ✚ Stretch the lower half of the shrinker firmly up towards the knee. Then let the material relax. This should ensure maximum compression at the end (distally).
- ✚ Stump shrinkers, like ace wraps, should apply even pressure that gradually lessens at the top (proximally). They should always extend past the knee in below knee amputee to minimize window edema at the knee and in case of above knee they should go all the way to the groin area.
- ✚ Most amputations are the result of poor or otherwise compromised circulation. In some cases, even light pressure can cause skin breakdown especially over thinly padded bony prominences like the patella or cut end of the tibia. If redness or other signs of excessive pressure are noticed, discontinue use and contact the physician or prosthetist.
- ✚ It is important that this pressure be greatest at the end (distally) and gradually lessens towards the thigh (proximally).

