

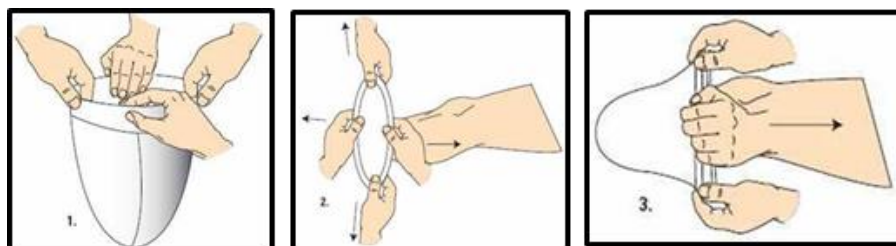


## SHRINKER USE

Shrinkers are designed to help control edema (swelling) within your residual limb by applying compression to your limb. The compression helps push the fluid within your leg away from your residual limb. Until the volume of your residual limb has stabilized, you should wear your shrinker any time you are not wearing your prosthesis (including at night).



### HOW TO PUT ON A SHRINKER



1. Ensure the shrinker is right-side out (silicone beads at edge are on inside of shrinker).
2. If another person is available, pull on opposite sides to ease the shrinker over your residual limb. If donning alone, pull on either side of the shrinker and ease over your residual limb.
3. Pull the shrinker up over your limb and smooth out all wrinkles.

### FAQs

#### ***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, if you neglect to wear your shrinker, especially at night, your limb will swell up and make it difficult for you to fit into your prosthesis. Put on the shrinker to apply compression to your limb for several minutes, then try putting your prosthesis back on.