

About Your AK (Above Knee) Residual Limb Shrinker

The Orthotic & Prosthetic Centers

Your new residual limb shrinker will help you manage swelling in your residual lower limb. It is designed to fit snugly and apply pressure to the soft tissues of the stump. The information below – along with the specific guidance of your physician and prosthetist – will tell you how to use your residual limb shrinker.

Follow your health care providers' instructions carefully to use this compression wrap safely and effectively; this document is designed to give you general "getting started" instructions. Please take the time to read this information carefully. Always contact your prosthetist if you have any questions.

Please contact us if you have any questions.

Braintree

197 Quincy Avenue- Route 53
Braintree, MA 02184
781 794 9991
781 794 1769 / Fax
800 634 0606

North Smithfield

63 Eddie Dowling Highway
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Plymouth

124 Long Pond Road, Suite 3
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West Yarmouth

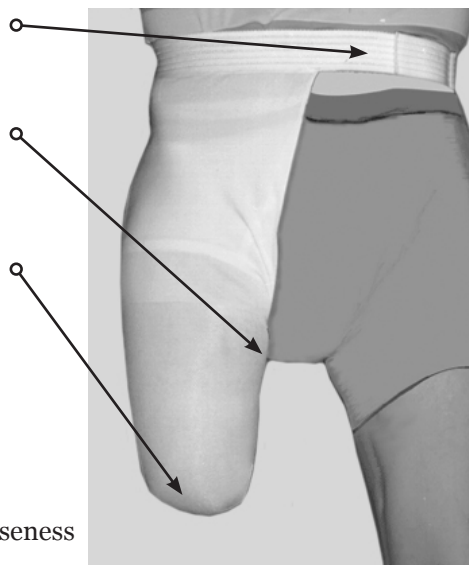
126B MidTech Drive
West Yarmouth, MA 02673
508 775 2570
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Putting on your Residual Limb Shrinker

Secure Velcro® closure comfortably snug.

Shrinker material should be as high into the groin area as possible. You may find it necessary to "tug it up" by hand, as needed.

Keep shrinker pulled up as far as possible so that there is good contact with the end of your residual limb.



Here are some guidelines for use:

- Try to keep the shrinker material up high enough so that there is no bunching or looseness of materials on your skin.
- The shrinker is never worn with your prosthesis.
- Remove the shrinker several times per day to check your skin for redness or irritation, and then re-apply the shrinker.

Your recommended break-in wearing schedule is as follows:

- Begin with _____ per day
- Increase wearing time to _____ by the 2nd day
- Increase wearing time an additional _____ each day

(More On Reverse Side)



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Discontinue compression usage if:

- You feel any pain.
- There is more than a little discharge from the suture site.

Your prosthetist should give you 2 residual limb compression wraps so that you may wear one and wash one. For washing instructions, please refer to the manufacturers' specifications.

Gauze pads or dressing can be worn under the compression if your physician or prosthetist suggests it.

Follow-up care and emergencies

Follow-up visits with your fitter are vital for your healing – don't skip any scheduled appointments. Always contact our office with any questions or problems. If you have trouble breathing, severe limb pain, high fever, or absence of color in the residual limb, call 911 or your local hospital.

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