

# About Your BK (Below Knee) Knit-Rite® 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 from your prosthetist – will tell you how to use your residual limb shrinker.

Follow your health care providers' instructions carefully to use this Knit-Rite® Style residual limb shrinker safely and effectively. Please take the time to read this information carefully. Always contact your prosthetist if you have any questions.

### Putting on your Residual Limb Shrinker

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1. Turn the limb shrinker inside out, except for the end.
2. The shrinker will be folded over itself. Use both hands to slip it over the residual limb.
3. Pull the shrinker evenly over the residual limb with both hands, working from the bottom towards the top. Do not pull the shrinker onto limb by grasping the top edge only. For best results, grip the fabric on both sides to ease shrinker over the residual limb.
4. Adjust for final placement and smooth out any creases using the palm of your hand in a gradual upwards motion.

### Follow these guidelines when using your residual limb Shrinker:

- Never wear the compression with your prosthesis.
- Keep the compression pulled up high enough so that there is no bunching or looseness of materials on your skin.
- Remove the compression several times a day to check your skin for redness or irritation, then re-apply the compression.
- Gauze pads or dressings can be worn under the compression if your doctor or prosthetist suggests it.
- Your prosthetist should give you 2 compression wraps so that you may wear one and wash one. For washing instructions, please refer to the manufacturers' specifications.

Please contact us if you have any questions.

#### **Braintree**

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## 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

## 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. Please refer to manufacturers' washing instructions.

Gauze pads or dressing can be worn under the compression if your doctor 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 your our office with 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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