

# WINKLEY

orthotics&prosthetics

## Limb Shrinker Sock Use & Care

*Shrinker Sock:* Provides even compression of the amputated limb, assists in healing for new amputations by preventing edema can inhibit the healing process. This compression also helps to shape the limb and prepare it for prosthetic fitting.

**USE:** **Worn 23 hours per day;** remove only for skin/wound inspection, changing of wound dressings or changing shrinker. **Remove shrinker sock minimum once per day;** perform thorough skin inspection, examine limb shrinker/socks for drainage/soiling and change if necessary. If areas of non-healing blisters or broken skin observed, discontinue use and contact physician immediately. **Patient receives 2;** rotate shrinkers as they become soiled to allow cleaning and to maintain appropriate compression.

**APPLICATION:** Best done with 2 persons if donning tube is unavailable; **"Bunch" material, stretch in 4 directions (up, down, left, right) apply quickly up to thigh.** Avoid any wrinkles or gapping on the end of the limb. Re-apply as needed. If shrinker migrates downward, remove and re-apply as often as necessary to maintain contact on the end of the limb. **If open wounds present:** Apply appropriate wound dressing (avoid using excessive amounts of dressing), then nylon (keeps wound dressing in place), then limb shrinker (controls swelling/shapes residual limb).

**CLEANING/HYGIENE:** **Hand wash** with anti-bacterial soap, **rinse thoroughly,** air dry. Do not machine wash or dry. Do not use bleach or harsh cleaners.

**POSITIONING:** Below-knee/Trans-tibial; Residual limb on 1-2 pillows. **Never place pillows under knee,** always elevate from distal end. Above-knee/Trans-femoral: No elevation.

Contact your doctor or nurse immediately if any questions about the skin or wound care. Your prosthetist should be contacted if any questions about the shrinker sock.

Your Prosthetist: