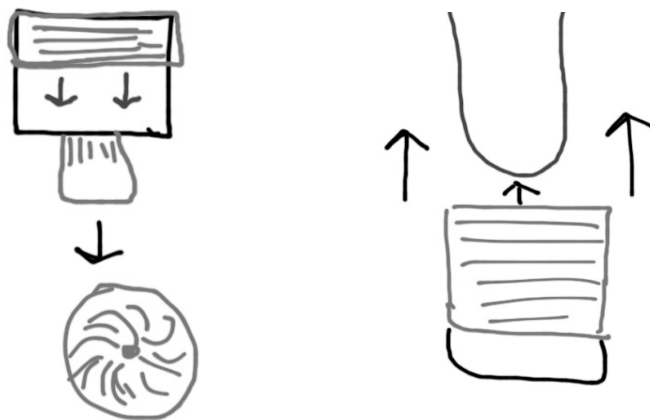


Your physician has ordered a transfemoral residual limb shrinker. A shrinker is a type of compression garment that is placed over the dressing to help reduce swelling in your residual limb. While wearing the shrinker, many patients often report a decrease in phantom pain and find it comfortable. The shrinker should be worn 23 hours daily, with a clean shrinker put on at least every other day and/or changed if soiled. Care instructions and directions on how to put on the shrinker are provided below.

### DONNING A TRANSFEMORAL COMPRESSOGRIP SHRINKER

Cover any open wounds or sores with appropriate dressing as directed by your physician or surgeon.

1. Position the white ring on a clean compresso grip shrinker so that 1/3 remains below the plastic ring.
2. Place the short end of the shrinker into the bucket and reflect the longer portion over the top of the bucket. Move the shrinker down onto the bucket until the shrinker is tight across the top. The top of the can should look like picture 1 when the shrinker is pulled snugly over the bucket. There will still be 1/3 of the shrinker hanging inside the bucket. Snug up the small plastic ring inside the bucket (Picture 1). Make sure to roll the shrinker onto the patient so that that the lower side of the shrinker fits up into the groin and the longer section fits just above the on the amputated side.
3. Push the can on the residual limb to safely don the shrinker and protect the incision line (Picture 2). Pull the lower side of the shrinker up into the groin. Avoid any skin between the groin and shrinker. The higher side (with the waist belt) should be positioned just above the hip. Gently snug the white plastic ring to the end of the residual limb.





Des Peres: 314-775-2041  
Fairview Heights: 618-212-0006  
Festus: 636-232-2982

## Patient Education: Transfemoral Shrinker

4. Place hands inside 1 2 the bottom  
1/3 of the shrinker at 1 2 the end of  
the limb and make a half turn/twist with this segment. It is best to have two sets of  
hands to help with the donning process: Have one pair of hands spread the top and  
bottom of the shrinker and another set of hands spread apart the sides. Evenly pull  
the reflected portion up onto the first layer. This reflected layer should be slightly  
more than half the length of the first layer.
5. Secure the belt comfortably around the waist with the Velcro provided. Many  
patients prefer for the waist belt to be worn underneath the undergarments to make  
toileting easier.
6. Periodically check the shrinker throughout the day as it may have shifted or slid  
down the groin. Avoid wrinkles in the shrinker.

**SIZING:** If your shrinker will not stay on your residual limb and you believe your shrinker is too big, contact your prosthetist.

**CLEANING:** The shrinkers may be hand or machine washed on the delicate cycle and hung dry. Do not put in dryer.

**Please call P&O Care if you have any questions or concerns.**