



Shrinker Wear & Care Guide

KANKAKEE

119 E. COURT STREET
SUITE 100
KANKAKEE, IL 60901
(815) 932-8564

JOLIET

121 SPRINGFIELD AVE
JOLIET, IL 60435
(815) 741-9700

ORLAND PARK

18016 S. WOLF ROAD
ORLAND PARK, IL 60467
(708) 364-9700

WATSEKA

200 N. LAIRD LANE
WATSEKA, IL 60970
(815) 432-7783

EVERGREEN PARK

3900 W. 95TH STREET
EVERGREEN PARK, IL 60805
(866) 996-7832

www.optechop.com
info@optechop.com
866-99-OPTECH

Explanation of the Orthosis

To reduce the volume of the residual limb.

Important Things to Remember

- Always wear your shrinker when you are not wearing your prosthesis. This will keep the residual limb volume down, making donning (applying) your prosthesis easier.
- Alternate your shrinkers. When one is being washed, put the clean one on.
- DO NOT sit with your knee in a flexed (bent) position. It is important to keep your knee as straight as possible in order to make the fitting of your prosthesis more successful.

Washing Your Shrinker

Wash your shrinker according to the manufacturer's instructions.

Preventing Skin Problems

Check your skin thoroughly every day, especially over bony areas for any red or irritated spots. If you notice redness over bony areas that do not go away after 10 to 15 minutes, call our office immediately.

Protecting Your Skin

Always wear a clean, dry, well-fitting shrinker.

How to Apply the Shrinker Using a Donning Device

- Place the shrinker into the donning device.
- Stretch the shrinker completely over the donner so that it is free of wrinkles.
- Place the donner and shrinker over the end of your residual limb and slide the donner up toward your knee.
- Make sure the shrinker is pulled all the way up past your knee.
- Do not fold it over or roll it down partially onto your leg.
- Do not place a pillow under knee, keep it straight.

If you have any questions about the wear & care of this product, please contact Optech Orthotics & Prosthetics for more information.