



Orthotic & Prosthetic

SPECIALTIES INC.

SHRINKER SOCKS

Your physician has ordered a compression garment called a **shrinker sock**. This is a necessary tool for shaping your limb before prosthetic fitting and or for maintaining volume after prosthetic fit. The shrinker sock may or may not come with a donning tube to help facilitate proper placement of the compression garment. Any weeping wounds or scabs should be covered with an appropriate bandage before placement of the shrinker sock.

- 1) Place the shrinker into the upright donning tube. Or stretch it open by hand.
- 2) Stretch the sock over the tube until there are no wrinkles at the sewn end. The silicone dots will be facing outward.
- 3) Place the stretched sock on the end of the residual limb. Gently lay the sock on the limb as the tube is slid upwards towards the thigh. Take care there that there are **no wrinkles**.
- 4) Wear the shrinker sock at all times if possible. Remove and inspect your skin every **(4) hours**.

Should redness occur, discontinue use and contact your physician or your prosthetist.

Machine wash on the delicate cycle or hand wash with mild detergent. Do not use bleach. Rinse well but do not wring out the excess water. This may damage the fibers.

Below knee amputees should wear the sock past the knee joint.

Above knee amputees should wear the sock high into the groin.

Some of the benefits of wearing a shrinker sock are:

- To decrease edema (swelling)
- Shaping the limb for prosthetic wear
- Aid in dressing retention
- Skin protection
- May decrease phantom pain/ sensation
- Help to desensitize the limb
- Volume control of the limb

A new amputee will need to wear the shrinker socks until the majority of the excess limb volume stabilizes. This process may take 2-4 weeks after application. After prosthetic fitting, the shrinker socks will be used to maintain volume and proper limb shape when you are not wearing your prosthesis.

