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Prosthetic Shrinker (PS) Wearing Protocol

The Prosthetic Shrinker should be worn continuously for control of post-op edema. The **(PS)** should **NOT be left off for more than 20 minutes unless pressure areas are noticed!**

INITIAL FITTING DATE: _____ (*schedule will start from this date*)

- A) Days 1 to 4:** The limb should be checked regularly **every 4 hours**. Keep in mind the **(PS)** may have been donned over gauze and bandaging to cover the sutures or staples. Future bandage changing should not be any thicker than what is removed. The **(PS)** should fit snugly to control edema, but usually a lighter compression **(PS)** is used due to patients tolerance and comfort until sutures or staples are removed.
- B) Days 5 to 10:** The limb should be checked regularly **3 times per day**. The limb should start to be less sensitive and begin to shape.
- C) Days 11 to 15:** The limb should be checked **twice a day**. The limb will continue to shrink. The sutures may be removed during this period. A heavier compression shrinker may be fit at this time if sutures or staples are removed to facilitate more shrinking of residual limb. Shrinker may be removed for ROM, strength and contact desensitization exercises, but must be re-applied when the session is complete.
- D) Days 16 to 28:** The limb should be checked **twice a day**. The limb will continue to shrink. The **(PS)** may be removed for ROM, strength and contact desensitization exercises, but must be re-applied when the session is complete. The sutures or staples are most likely removed by this point in time.
- E) Days 29 +:** The patient should be ready to start the prosthetic evaluation and fabrication process and will continue to wear the **(PS)** as in **D)** above.

If you have any questions or concerns please call: Joe Sullivan, CP., Michael Monteiro, CP., at 804-649-9043.