

# RESIDUAL LIMB WRAPPING

Your residual limb may decrease in size more than 15% over the first 6 weeks after your amputation and as much as another 10% in the first 6 months.

To help control swelling and encourage maturation of the residual limb, you should wear a shrinker and wrap an elastic bandage on top of the shrinker. A shrinker is an elastic sock that is sized to fit by your prosthetist. It is simply pulled on to prevent swelling and encourage shrinking. The technique of wrapping with an elastic bandage is shown on the opposite page.

**Skin checks should be performed three times a day by completely unwrapping the Ace bandage and removing the prosthetic shrinker to evaluate for any redness. If any red areas are noted, watch the areas to determine if the redness disappears within 20 minutes. If redness remains, the limb has been wrapped too tightly. For the next application, apply the Ace bandage more loosely. If at the next skin check, the redness still remains after the 20 minute time period, discontinue using the Ace bandage and apply only the prosthetic shrinker.**

The shrinker and elastic wrap should be worn around the clock with removal every eight hours for skin checks. At one of those times, you may daily bathe your limb as long as there are no open sores. Note that some patients are unable to sleep while wearing both the ace wrap combined with the shrinker. If so, you may remove the elastic wrap and sleep while wearing the shrinker only.

Use the four inch wide elastic prosthetic wrap we provided. Maintain slight tension as you wrap, always wrapping tighter around the bottom and looser higher up. If your residual limb starts to throb or hurts after the wrap is in place, remove it and rewrap with less tension. If the bandage bunches up or slips, rewrap properly.

As shown in Step A, use oblique motions when wrapping. Never wrap in a spiral fashion since this can cut off circulation in the residual limb. Continue to wrap diagonally in a figure of eight pattern as shown in Steps B through D. Repeat Steps A through D until skin is covered and all the elastic bandage is used.

If you have any questions concerning this information, please contact:

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