

## Physiotherapy

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# Shrinker sock – below knee

This leaflet explains more about looking after the socks you will be provided with after your amputation to help with reducing the swelling (oedema) in your stump after the surgery.

If you have any further questions or concerns, please speak to the doctor, nurse or physiotherapist caring for you.

### Juzo® sock / stump shrinker

A Juzo® sock is the brown stretchy sock that looks like a stocking. It is also known as a stump shrinker. The sock is designed to reduce swelling in your stump which will help reduce pain after your operation and help make sure your new artificial limb fits you.

You may need to be re-measured for a new one if you have more surgery, fall over, gain or lose weight. It is very important that you wear the Juzo® as directed by your physiotherapist, prosthetist, nurse or doctor.

### How to put your Juzo® sock on

- Turn the Juzo® inside out, except for the end part.
- Take the Juzo®, folded over itself in both hands and slip it onto your stump.
- Turn the Juzo® back over itself and gentle pull it evenly up over your stump.
- Stroke the whole Juzo® sock gradually upwards smoothing it to your leg with the palm of your hands.
- Never pull at the upper edges of the Juzo®.

### How to care for your shrinker sock/ Juzo® sock

Juzo® socks are expensive and should be looked after carefully.

- Store in a dry place with the Velcro fastened.
- Wash on a delicate cycle at 40°C.
- If hand washing, rinse well and **do not wring**.
- Use mild detergent.
- Dry by placing Juzo® on a towel, roll it up tightly pressing out any excess moisture then line dry.
- **Do not** leave to dry in the towel.
- **Do not** leave in direct sunlight or tumble dry.
- **Do not wear your Juzo® sock if you have an infection in your stump.**
- **Do not wear your Juzo® sock at night.**

## After I leave hospital

You should continue to use these instructions in order to maintain a healthy stump and help prevent any further problems. After six months you can start to wear your sock at night if you so wish. You should ask your prosthetist to re-measure your stump for the shrinker sock from time to time so as to maintain the correct fit.

## What should I do if I have a problem?

If you discover any areas of redness, bruising or skin breakdown you should contact either the staff looking after you in hospital or if you have been discharged, your GP or prosthetist. If you require new socks or replacements then contact your prosthetist.

### Contact us

If you have any questions or concerns about your stump, please contact **Matthew Fuller** on **020 7188 3026** and ask for **bleep: 1375. Monday–Friday, 9am–5pm.**  
Out of hours, please contact your GP.

## Useful sources of information

### Pharmacy medicines helpline

For information about any medicines that you have been prescribed at Guy's and St Thomas' hospitals, you can speak to the staff caring for you or call our helpline.

**t:** 020 7188 8748 9am to 5pm, Monday to Friday

### Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

**t:** 020 7188 8801 at St Thomas'      **t:** 020 7188 8803 at Guy's      **e:** pals@gstt.nhs.uk

### Knowledge & Information Centre (KIC)

For more information about health conditions, support groups and local services, or to search the internet and send emails, please visit the KIC on the Ground Floor, North Wing, St Thomas' Hospital.

**t:** 020 7188 3416

### Language support services

If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.

**t:** 020 7188 8815      **fax:** 020 7188 5953

### NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

**w:** [www.nhs.uk](http://www.nhs.uk)

**Leaflet number: 3621**

Date published: March 2013

Review date: March 2016

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