

Kidney Protector

What is a kidney protector?

The protector is a plastic shell with a soft foam liner. A soft Velcro neoprene strap wraps around your body to hold it in place.

The kidney protector covers the side of your transplant or injury. If you need protection on both sides, your protector will open in the front and wrap around your lower torso.



Your kidney protector cannot protect you from all injury to your kidney. Discuss what activities are appropriate for you with your doctor.

How do I put on the protector?

- Always wear a snug fitting t-shirt underneath your protector.
 - Put the protector on while standing, sitting, or lying on your side.
1. Align the plastic so the waist groove fits in the soft area of your torso between your lowest rib and pelvis.
 2. Pull the neoprene closure around your body
 3. Attach the neoprene to the Velcro on the front of your protector.

What clothing should I wear?

- Wear gym shorts or smooth fitting garments underneath the protector or regular pants over the protector.

- To extend the life of the protector, wear a shirt over it.
- Change the t-shirt under your protector as needed to keep clean and dry.

How often do I wear my protector?

- Start with wearing the protector for 1 hour.
- After each wearing, check your skin for redness. If redness or irritation lasts longer than 30 minutes, your protector may need an adjustment.
- If there is no redness or irritation from your kidney protector, increase your wearing time by 1 hour each day until you reach the amount of time recommended by your doctor.

How do I clean my protector?

- Wash the outside of the protector with soap and water and towel dry.
- Clean the inside with rubbing alcohol to kill bacteria caused from sweat.
- The Velcro sensitive neoprene can be detached and hand washed with a mild detergent and air-dried.

What if I have a problem or question about my kidney protector?

Contact the University of Michigan Orthotics and Prosthetics Center at 734-973-2400. Indicate if you need an adjustment to your kidney protector.

If you have pain at or around your transplant site, contact your doctor.

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