



The original waterproof protector

# PRODUCT REVIEW

## Enjoy bath time again with the LimbO Waterproof Protector

Bathing while bandaged? Ditch the trash bags and duct tape...

Wraps and bandages and tape – oh my! Whether you wear wraps daily or only during complete decongestive therapy (CDT), you're probably all-too-familiar with the challenge of bathing while bandaged. Some use saran wrap or plastic bags to stay dry, others dangle their arm or leg outside of the tub. As for me, I usually go the garbage-bags-and-duct-tape route myself. No matter how you do it, waterproofing your wraps is a time-consuming and cumbersome process. And despite your best efforts, chances are good that your bandages will still get wet. Hold on to your shower caps, lymphies – there's a better option.

### The Product

Designed and manufactured in Great Britain by a small family business, the LimbO is a waterproof sleeve that offers protection for casts and dressings in the bath or shower.

Durable and fully submersible, the sleeve is made of latex-free PVC and has welded seams and a soft neoprene seal at the top to keep water out. It's designed to be used daily and requires minimal care: it can be hand-washed in warm soapy water if necessary, otherwise it only needs to be hung upside-down to air dry after each use.

Available in half- and full-length sizes for both the arms and legs, the LimbO is measured according to your height and limb circumference to ensure you get a proper fit. It also comes in child sizes, so your lymphie kiddo can use these, too.

### My Impressions

I was sent a full leg sleeve for the purposes of this review. My first thought upon taking it out of its packaging was how sturdy the sleeve felt despite its lightweight material. The neoprene seal intrigued me: it looked good, but I wondered how well it would keep the water out.



the  
Lymphie  
Life™

Alexa Ercolano, founder and blogger at [thelymphielife.com](http://thelymphielife.com) reviews The LimbO

Disclosure: I received one free LimbO to review on The Lymphie Life. Although this post is sponsored, all opinions expressed here are my own honest impressions of the product.

### The original review:

[www.thelymphielife.com/2017/11/26/product-review-enjoy-bath-time-again-with-the-limbo-waterproof-protector/](http://www.thelymphielife.com/2017/11/26/product-review-enjoy-bath-time-again-with-the-limbo-waterproof-protector/)

### Find out more about The Lymphie Life

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The LimbO in its packaging, ready to test!

Now, I don't wrap as part of my regular treatment routine and therefore didn't have any bandages handy to test with the LimbO. Instead, I improvised a bit and wore my Jobst Relax in lieu of a full wrap.

The LimbO was easy to put on, its neoprene seal offering a bit more give than I expected when pulling it over my compression. I was concerned about the seal being too tight on my thigh but once it was in place, it didn't feel restrictive at all while still feeling secure. The sleeve itself was roomy and comfortable, and I could imagine it accommodating bulkier wraps with relative ease.

It's worth noting that although the sleeve is advertised as a "full leg," it reached about mid-thigh on me – not a problem, but something to be mindful of if you wrap the entire length of your leg. My Jobst Relax is a thigh high, so I folded it below my knee to make sure it was completely covered by the sleeve.

Once in the shower, I was eager to see just how waterproof the LimbO was. Not only did I test it under a regular shower stream, but I also took the handheld shower head and aimed it directly on the LimbO's seal. If there was any chance of a leak, I would find it!

After spending around fifteen minutes in the shower, it was time for the big reveal. I pulled down the LimbO and found my compression garment completely dry underneath, with no wet spots whatsoever.

*I gotta say – I was impressed.*

I thought there would be at least a little bit of dampness, but nope: my garment was as dry as when I first put it on. Pretty exciting!

### The big reveal... Completely DRY!

My bottom line? Worth the purchase, especially if you're frequently wrapped or bandaged. It's easy to use and affordably priced between \$20-\$30, depending on the size and length of the sleeve. Best of all, it really does keep your compression dry.

The LimbO is a welcome addition to any lymphie's tool kit: I found it to be so much more convenient and effective than the usual homemade waterproofing methods. I'm looking forward to using this the next time I go through CDT – no more soggy bandages for me!

Interested in LimbO? You can purchase a LimbO of your own by visiting their website. If you reside outside of the United States, be sure to check their list of international distributors to see where it's available near you.



The LimbO Waterproof Protector in full.

Close-up of soft neoprene seal.

Testing out the LimbO with handheld shower head; close up of LimbO seal under shower spray.