

# Surgical Garments

## After your surgery

*This handout explains compression garments, which are worn after surgery to help keep swelling down.*

### Why do I need to wear a surgical garment?

Some examples of a *surgical garment* are surgical bra, abdominal binder, or compression shorts. Wearing a surgical garment after surgery can have many purposes: to decrease swelling, help with pain, and to prevent fluid buildup. Discuss why you may need this with your surgeon.

### How long do I need to wear the garment?

- Wear the surgical garment you were given 24 hours a day, 7 days a week for 4 weeks. Only take the garment off to wash it or to do daily hygiene.
- Your provider may ask you to continue wearing the garment for more than 4 weeks. This will be determined during your post-surgical follow-up appointment.

### What to expect?

- You will wake up in a surgical garment, if it is needed. This garment is billed to your insurance. Many insurance companies will cover at least part of the cost of 1 surgical garment. You do not need to bring the garment to your surgery.
- This handout provides resources if you would like multiple options while recovering at home.

### Where can I buy these garments?

There are many websites to buy garments. Search for the words below using [www.google.com](http://www.google.com) or another search engine. You also may go in person to a store. Please ask our team for a list of stores and vendors in your area.

### Which garment do I need to buy?

This is not a complete list. Check with your surgeon if you have questions about other options. Buy the garment that is recommended for your type of surgery:

#### For abdominal and thigh liposuction:

- To find a generic abdominal binder, try searching with these terms: post-partum belly band, post-partum support recovery girdle, post-operative binder
- *Design Veronique*: Zippered body girdle #853



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of this handout.

- *Marena*: Mid-thigh girdle with suspenders SKU FBS
- *Wear Ease*: Compression shorts
- *Generic shapewear*: Spanx, Skims, or any other brand you find

**For panniculectomy, abdominoplasty, or abdominal liposuction (use measurement at low hip for sizing):**

- *Marena*: 12" abdominal binder
- *Generic abdominal binder*: post-partum belly band, post-partum support recovery girdle, post-operative abdominal binder

**For implant surgery:**

- *Shefit*: Low impact post-operative bra
- *Masthead*: Elizabeth Pink Surgical Bra
- *Wear Ease*: Grace Post-Surgical Bra

**For breast reduction (use band measurement to find your size):**

- *Design Veronique*: Josephine full coverage support bra #460
- *Design Veronique*: Yesmina-Z front zippered cotton medical/sports bra #457Z
- *Prairie Wear*: The Hugger
- *Shefit*: Ultimate Sports Bra
- *Wear Ease*: Compression Bra

**For gynecomastia surgery or gender-affirming mastectomy (use waist and hip measurement to find your size):**

- *Marena*: Sleeveless vest
- *Wear Ease*: Torso Compression Vest
- *Medline*: Elastic Bandage 6in x5yd

**Questions?**

Your questions are important. Contact your doctor or healthcare provider if you have questions or concerns.

**During Clinic Hours  
(Monday through Friday  
except holidays, 8am to 5pm):**  
If you have any questions or concerns, message your surgeon through MyChart. Please include a photo if needed.

You may also call the Center for Reconstructive Surgery at 206.598.1217 option 2.

**Urgent Needs Outside of Clinic Hours:**  
If you have an urgent care need after hours, on weekends, or on holidays, please call 206.598.6190 and ask to speak to the plastic surgeon on call.