

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 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.