

Compression 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 compression garment?

Wearing a compression garment after surgery helps reduce swelling. Wearing your garment will help you be more comfortable and lowers the chance of having problems after surgery.

How long do I need to wear the garment?

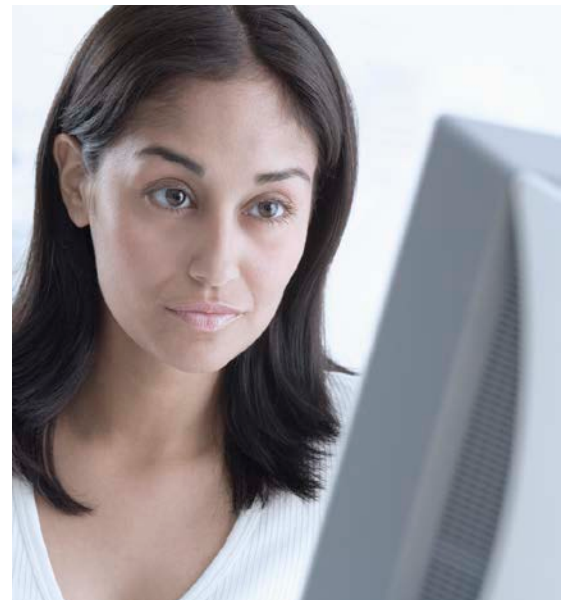
Your surgeon is asking that you wear the garment for at least 2 weeks after your surgery. You will wear it 24 hours a day, except when you take a shower. You may need to wear it for up to 6 weeks.

What do I need to do?

- Before surgery, buy the garment(s) that is advised for your type of surgery. Please see the list on page 2.
- If you need help with sizing, the online customer service team at Marena or Design Veronique can help you.
- **Bring your garment with you on the day of surgery.**

Will my insurance cover the cost?

Many insurance companies will cover at least part of the cost of these garments if you have a *durable medical equipment* (DME) prescription. You can get a DME prescription from our clinic.



If you need help with sizing, contact the customer service team for the online store you are using.

Compression garments usually cost from \$20 to \$150 each, depending on the type.

Where can I buy these garments?

Here are 2 websites where you can buy compression garments:

- www.marenagroup.com (Marena)
- www.designveronique.com (Design Veronique)

What garment do I need to buy?

Buy the garment that is advised for your type of surgery:

- For abdominal and/or thigh liposuction (for fat grafting for breast reconstruction):
 - ☐ *Design Veronique*: Zippered body girdle #853
 - ☐ *Marena*: Mid-thigh girdle with suspenders SKU FBS
- For implant surgery:
 - ☐ *Design Veronique*: 3" breast wrap (implant stabilizer/bandeau) #5103 (one size only)
 - ☐ *Design Veronique*: Sternum compression V panel bra #455VN
 - ☐ *Design Veronique*: Sternum compression V panel bra #455V
- 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
- For *gynecomastia* surgery (use waist and hip measurement to find your size):
 - ☐ *Marena*: Male sleeveless vest
- For *panniculectomy* or *abdominoplasty* (use measurement at low hip for sizing):
 - ☐ *Marena*: 12" abdominal binder
- Other:
 - ☐ _____

Questions?

If you have any questions about compression garments or care:

- Contact the Center for Reconstructive Surgery through eCare
- Call the Center for Reconstructive Surgery at 206.598.1217 and select option 8 to leave a message for your care team. Phone calls are usually returned within 24 hours, weekdays from 8 a.m. to 5 p.m.