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.
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](http://www.marenagroup.com) (Marena)
- [www.designveronique.com](http://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.