

Compression Garment General Information

*Individual patient cases may vary

- You will be placed in an abdominal compression binder in the operating room after your surgery. Thus, when you awaken in the recovery room, it will already be in place. You can leave this in place for 3 days. Then, you may gently bathe. You should place clean gauze over the drain sites, but otherwise you can discard any other gauze dressings inside of the binder. You should safety pin the drains to the binder or clothes, so they do not pull on the skin. See Post-Operative Instruction Sheet for wound care and bathing guidelines.
 - However, you may need to adjust the binder as you begin moving around after surgery. You may loosen the Velcro closure if it feels too tight. It should be slightly snug, but you should be able to breath comfortably. It should be smooth without bunching, and should not rub the skin, which can create skin irritation or blistering. You should be able to slide your hand under the garment to ensure it is not too tight. You may replace or adjust the gauze as well.
- You will wear a compression garment for 6-8 weeks and then as needed.
- You may use the binder we provide for the entire 6-8 weeks. We can assess the fit on you at your follow up visits.
- Some patients prefer to purchase a more comfortable compression garment or one that better contours their individual figure. The style will vary by the area being treated (i.e., arms, thighs, abdomen, back, etc.). Pick a garment that covers the treated area.
- You may prefer a garment with integrated shorts, sleeves, or an extended tank top. The extensions allow for smoother edges, reduced pressure points, and less wrinkling. Women may prefer the bra-accommodating designs. Different people prefer different designs, but several options are shown below.
- The goal is for even, firm compression without “riding up” or “riding down”. It should be snug, but relatively comfortable, and not excessively tight. It should create smooth contours without bunching or excessive creasing. Foam inserts are available that can help smooth but are not required. It is important for you to maintain overall good body posture to limit folding.
- The garment should clasp, Velcro, or zip to close. You may need to smooth out the skin with your hands during or after placement.
- The specific Brand you purchase is of little importance, as long it fits properly.
 - **Important:** Check return policies before purchasing. Some are not returnable after the packaging is opened.
- Options are available on several websites, including **Amazon**.
 - Be sure to check the sizing recommendations for the item.
 - You may want to purchase several options and return the others.
- You may select any color of your choosing. Beige colored garments can help with camouflage under lighter colored clothing. Black colored garments help camouflage wound drainage or stains.

Style Options:



Abdominal Compression Binder

- This type of garment is placed after the procedure in the operating room.
- You may place the Binder over top of a smoothing tank top or shirt to avoid skin irritation and additional comfort.
- You may apply a gentle moisturizer to your abdominal skin after showering. Recommend Aquaphor or other over-the-counter non-scented, non-medicated moisturizer of your preference. This can soothe the skin and relieve itching.
- You should adjust the Binder so that creasing is minimized and pressure points avoided. After placed, adjust the Velcro sequentially as needed for a smooth and comfortable contour.



You can wear any "smoothing" tank top under the binder for comfort if desired.