

Binders

FOR OSTOMY, POST-OP & HERNIA



NordiCare[®] +

Binders and belts for different needs

NordiCare offers a wide range of medical binders suitable throughout the entire care cycle – from immediate post-operative use to long-term support. We also offer various models designed for permanent use, ideal for individuals living with hernias or stomas.

All products are developed with a focus on ease of use, considering the needs of both the user and professionals. Our assortment is carefully selected to meet the healthcare sector's demands for functionality, quality, and cost-effectiveness.

NordiCare's binders are categorized into three main areas of use: stoma, post-operative, and hernia. However, many belts are suitable for more than one indication and are therefore featured in multiple sections. Additional appropriate uses are also specified in the individual product descriptions.

Stoma – For fixation and support of a stoma.

Postoperative – For early mobilization, pain relief, and reduced risk of complications following surgery.

Hernia – For support and relief in various types of hernias.

Find the right binder

Our binders vary in design and functionality to suit different needs and body types. We want to make it easy to select the right product, that's why we clearly indicate each binder's level of compression and support. We use intuitive symbols to help guide product selection quickly and easily.

Compression

Compression helps reduce the risk of postoperative complications. It counteracts swelling, infections, and the development of hernias. Light compression can offer pain relief and is suitable for securing dressings and ostomy appliances. The level of compression in an elastic binder can be adjusted based on how tightly it is applied. The thickness and elasticity of the material also influence the level of compression provided.

Support

Support is achieved by combining compression with structural reinforcement. A supportive binder offers counter-pressure and stabilization, for example around a stoma, hernia, or weakened abdominal wall. This reduces strain on the affected area. To achieve optimal support, we often combine elastic materials with firmer or non-elastic textiles. This results in effective reinforcement with adjustable pressure. A thicker or stronger elastic provides more support than a thin one. All products in this brochure are latex-free.



Fits children and adults



Adjustable size & compression



Reversible & universal right/left



Stoma opening



Seamless design



4-way stretch



Cut-to-size – no need to hem



1-3. Light to firm compression.



1-3. Low to high support.



STANDARD 100 by OEKO-TEX® certified – free from harmful levels of chemicals.



MD Class I

Stoma

For fixation and effective support

NordiCare's stoma belts provide secure fixation and support while remaining comfortable to wear. The range includes models for different needs. You can choose a softer belt over the stoma pouch, or a firmer one underneath, with an opening. Studies show that wearing a belt that supports the abdominal wall reduces the risk of developing a hernia after stoma surgery.*



StomiFix

Soft, seamless fixation belt that keeps the stoma appliance securely in place. The belt features a double-layered design, the inner layer has an opening for the stoma appliance, while the outer layer folds over it like a pocket. Suitable for stomas on either the right or left side. StomiFix is designed as a tube without any fastenings – simply step in and out. OEKO-TEX® certified. Available in white and black. Art. no. 50217.

✓ **Very soft material**



StomiMini

Soft fixation band with simple hook-and-loop closure. Made from breathable, flexible elastic material that feels comfortable against the skin. Size and compression can be easily adjusted using the hook-and-loop fastening, which attaches anywhere along the band. Discreet under clothing. Fits circumferences up to 120 cm. Sold in packs of 3, in black or white. Height: 7.5 cm. Art. no. 50213.

✓ **Universal size**



Figur

Suitable as a soft stoma belt worn over the stoma appliance. Reduces the risk of hernia and provides support for smaller hernias. Easy to apply and fastens with a wide hook-and-loop closure, making it simple to adjust to the desired level of support. The material is soft and breathable. Reversible. OEKO-TEX®. Height 16 cm Art. no. 50221 (white), Height 20 cm Art. no. 50222 (black), Height 25 cm Art. no. 50202 (white), Height 32 cm Art. no. 50203 (white).

✓ **Available in 4 heights**



StomiTube

Soft seamless fixation belt in knitted material. Designed as a tube and provides a good fit for different body types due to the narrower back. Invisible under clothing. The belt conceals and keeps the pouch in place. Suitable for stomas on both sides. OEKO-TEX®. Sold in a 3-pack in black or beige. Height front 18 cm, back 11 cm. Art. no. 50214.

✓ **Very soft material**



StomiTube

* Early intervention, parastomal hernia and quality of life: a research study. Nursing and Health, Vol. 2, No. 2, 2014.

Stoma

For fixation and effective support



StomiSoft

Elastic stoma belt that provides support for stoma or parastomal hernia. Easy to fasten and adjust with a handle and hook-and-loop closure across the entire front. This makes the belt flexible in circumference and pressure. Possible to cut a hole in the front. Reversible. OEKO-TEX®. Height 16 cm art. no. 50219, height 20 cm art. no. 50218.

✓ Available in 2 heights



StomiSoft 20



StomiBas

Firm stoma belt that provides counter-pressure and relief. Also suitable for support in cases of parastomal hernia. A customized hole can be cut in the non-elastic front without fraying or stretching. Suitable for straight body types. Reversible and equipped with a handle. Height 16 cm art. no. 50211. Height 20 cm art. no. 50212. Height 25 cm art. no. 50210.

✓ Available in 3 heights



Form

Firm belt, suitable as a stronger elastic stoma belt. Supports over the stoma and stoma bag. When used as a stoma belt, a larger size may be preferred to avoid excessive compression over the bag. Reversible. Available in black and light grey. Height 15 cm art. no. 50209, height 20 cm art. no. 50220, height 25 cm art. no. 50204.

✓ Available in 3 heights



ViraRak

Belt made of extra firm material providing strong support and compression. The hook-and-loop fastener is elastic, allowing the belt to conform well to different body shapes. The long fastener makes the belt flexible in size and adjustable for more or less compression. Reversible. OEKO-TEX®. Height 15 cm art. no. 50230, height 20 cm art. no. 50231.

✓ Available in 2 heights



LyfttPlus Stomi

A sturdy abdominal belt with a shaped front panel designed to fit a larger abdomen. The non-elastic front provides effective support and lift. Used for hernia, stoma, or post-surgery. Adjustable fit with hook-and-loop fastener and a handle. OEKO-TEX®. Height 28 cm front and 15 cm back. Art. no. 50207.

✓ Shaped abdominal area



Smidig

Belt providing firm support and a perfect fit. Suitable for stoma, post-op and minor hernia issues. Easy to apply and adjust with a handle and hook-and-loop closure. The long fastening area makes it flexible in circumference and support. Breathable material that adapts to different body shapes. Reversible. Art. no. 50247.

✓ Easy to put on and adjust

✓ Smooth and breathable material



Post-op

For high functionality and easy application

Through effective support and compression, our postoperative binders provide pain relief, faster mobilization, and reduced risk of complications after surgical procedures. Many of the binders can also be used for various types of hernia issues. They are easy to adjust and apply, available in different heights, materials, and compression levels. The range is developed with a focus on versatility and functionality for both healthcare professionals and users.



AbdoCare

Provides effective compression and support. With a Velcro closure that fastens over the entire binder, it is easy to adjust size, compression level, and shape. One size can be used as a universal size. Sewn in a V-shape for better fit. Can also be used over the chest. Height 23 cm art.no 50225, height 30 cm art.no 50226, height 37 cm art.no 50237.

- ✓ Available in 3 heights
- ✓ Flexible sizing



AbdoBas

Straight binder providing effective support and compression. Easy to apply and adjust with handles and Velcro. Non-elastic, cuttable front made of foam material offers relief and support. Washable at 95°C. Art.no 50236.

- ✓ Handle for easy application
- ✓ Color-coded size indication



Vira x2, Vira x3 and ViraKing

Binder in extra sturdy material. Easy to apply and adjust to the desired fit and compression with two or three pull straps. For postoperative care after abdominal surgery, abdominoplasty, and/or liposuction. Can also be used for various types of hernia issues. Relieves wounds, reduces pain, and enables early mobilization. The sturdy material retains its shape without folding. Smooth and soft against the skin without irritating seams or edges. No stays. Suitable for both curved and straight body shapes. OEKO-TEX®. Available in white and black. Vira x2 art.no 50228, Vira x3 art.no 50227, ViraKing art.no 50229 (only available in black).

- ✓ Available with two or three pull straps



Vira x2

Post-op

For high functionality and easy application



Figur

Comfortable, binder in soft material with a wide fastening surface. Used postoperatively to relieve wounds and secure dressings. Easy to apply and fastens with a Velcro closure that allows for simple adjustment of support. Reversible. OEKO-TEX®. Height 16 cm (white) art.no 50221, height 20 cm (black) art.no 50222, height 25 cm (white) art.no 50202, height 32 cm (white) art.no 50203.

✓ Available in 4 heights



Form

Binder in firmer elastic that provides compression and support. Easy to apply and fastens with Velcro. Used in postoperative care to relieve wounds, for hernia support, or as a chest band. Reversible. Available in black and light grey. Height 15 cm art.no 50209, height 20 cm art.no 50220, height 25 cm art.no 50204.

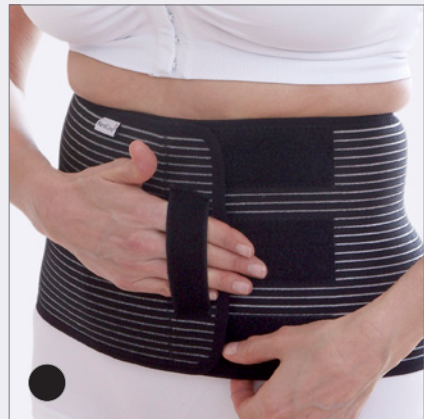
✓ Available in 3 heights



Mika

Soft fixation band for dressings, stoma bandages, or as a chest band. Flexible elastic material that breathes and feels comfortable against the skin. Adjustable in size and pressure with Velcro that fastens across the entire band. Discreet under clothing. Reversible. Available in white. Height 15 cm. Art.no 50224.

✓ Available in 2 sizes



Smidig

Binder providing firm support and perfect fit. Suitable as both a postoperative and long-term binder, as well as for minor hernia conditions. Easy to apply, fasten, and adjust with Velcro and a handle. The long fastening surface makes it flexible in circumference and support. Especially suitable when size needs to be adjusted over time, such as during postoperative swelling after pregnancy. Breathable material that conforms to various bodies. Reversible. Art.no 50247.

✓ Easy to put on and adjust

✓ Flexible and breathable material



A binder is used postoperatively after many different types of surgical procedures. For large incisions or patients with a weakened abdominal wall, firm support is needed during the healing period. A binder relieves pain and

helps prevent hernia formation and other complications. It is also used to keep dressings in place. After liposuction or abdominoplasty, a compression binder is often used to support healing and improve results.

Post-op and hernia For a fuller abdomen

The Lyft binders are a family of sturdy abdominal binders with a shaped front panel. They provide comfortable and effective support and lift for individuals with a fuller abdomen. The binders are used after various types of surgery, for hernia-related issues, or stoma care.

Encloses and shapes around the abdomen

Handle for easy application

LyftPlus Comfort



Lyft

Supportive binder with contoured abdominal section and elastic front and back. Suitable for a slightly larger abdomen and used for minor hernias, stoma, or after abdominal surgery to prevent incisional hernias. Two stays provide extra support in the back. Available in black. Height front 24 cm, center back 23 cm. Art.no 50206.

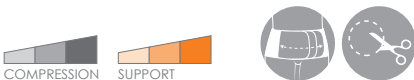
✓ **Fully elastic**



LyftPlus Stomi

Sturdy binder with contoured abdominal section and elastic back. The non-elastic front is trimmable. Suitable for a slightly larger abdomen and used for hernias, stoma, post-surgery, or for securing stoma appliances. Available in black. Height front 28 cm, back 15 cm. Art.no 50207.

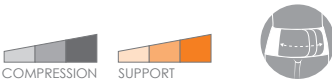
✓ **Non-elastic, trimmable front**



LyftPlus Comfort

Sturdy binder with contoured abdominal section, elastic back, and non-elastic breathable front. Suitable for a slightly larger abdomen and used for hernias, stoma, or post-surgery. Two stays in the back. Available in black. Height front 30-32 cm, back 20 cm. Art.no 50157. For individual customization, the Comfort model is available as a semi-finished product under the name LyftPlus Special, Art.no 50208.

✓ **Non-elastic front**



Study shows significantly reduced pain

The study "Effect of an elastic girdle on lung function, intra-abdominal pressure, and pain after midline laparotomy: a randomized controlled trial" by L. Clay, U. Gunnarsson, K. A. Franklin, and K. Strigård shows that patients undergoing laparotomy and using an individually fitted prefabricated binder postoperatively experience significantly less pain compared to patients without a binder. The study used LyftPlus from NordiCare. Using a binder can therefore be seen as a cost-saving measure, thanks to lower morphine dosage and faster mobilization.

The study was approved in January 2014 and is published in the International Journal of Colorectal Disease.

Hernia

For support and relief in cases of abdominal wall hernia

Our firm hernia belts provide effective support and relief for various types of abdominal wall hernias. They can be used as conservative treatment or while waiting for surgery to help contain the hernia and support a weakened abdominal wall. Our belts come in different heights and materials to suit various needs and body types. For a more prominent abdomen, we recommend the Lyft series with a shaped abdominal front.



Smidig

A binder that provides firm support and a perfect fit. Suitable for hernia issues. Easy to apply, fasten, and adjust with handle and Velcro closure at the front. The long fastening area makes it flexible in circumference and support. Breathable material. Easily shapes to different body types. Reversible. Art. no. 50247.

- ✓ **Easy to put on and adjust**
- ✓ **Breathable material**



ViraRak

Belt in extra sturdy material that provides support and compression. Suitable for hernia issues. The material maintains its form without wrinkling. The elastic Velcro fastener allows the belt to shape nicely and the long fastening area makes the belt flexible in circumference, compression and support. Vira x2 and x3 are suitable for larger hernias when a higher and firmer girdle is desired. Reversible. OEKO-TEX®. Height 15 cm art.no 50230, height 20 cm art.no 50231.

- ✓ **Available in 2 heights**



Form

Binder in stronger elastic for firm compression and support. Suitable for hernia issues. The binder is easy to apply and fastens with Velcro. Reversible. Available in black and light grey. Height 15 cm art.no 50209, height 20 cm art.no 50220, height 25 cm art.no 50204.

- ✓ **Available in 3 heights**



Form 20



Hernia

Support for inguinal and scrotal hernias



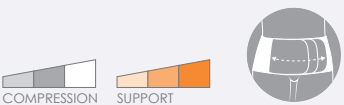
NordiCare's hernia belts and hernia pants provide effective and comfortable support for inguinal and scrotal hernias. By holding the hernia in place, everyday life becomes a little easier. Pain and discomfort decrease, making it easier to stay active.



Balder

Flexible and discreet inguinal hernia belt that provides support for small to medium inguinal hernias. It is invisible under clothing and easy to adjust and use. Available for both double-sided and single-sided hernias. Comes with flat pads. Balder Double art. no. 50215-00, Balder Right art. no. 50216-20, Left art. no. 50216-10. Available in sizes XS–XL.

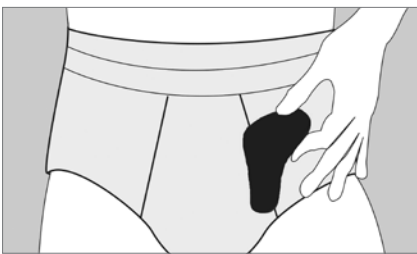
✓ **Used for inguinal hernia**



Vidar

Discreet suspensory in soft cotton. Used for scrotal hernias or post-surgery support. Designed without irritating seams for maximum comfort. OEKO-TEX®. Art.no 50251.

✓ **Used for scrotal hernia**



Pads and PadPlus

Convex pads for increased pressure. Can be inserted into the pockets of Loke, Frej, Freja, and Balder, replacing the included flat pads. Pads are sold in pairs (right and left) and available in large and medium sizes. Art.no 50257. PadPlus sold individually for right or left side in a universal size. Art.no 50258.

Inguinal hernia is common and affects one in four men at some point in their lives. Hernia surgery is almost always performed, but while waiting for surgery or during conservative treatment, the use of a hernia belt or hernia

pants is recommended. Our hernia belts keep the hernia in place during activity and can be adjusted throughout the day. Hernia pants can sometimes be easier to use, provide a better fit, and offer extra abdominal support.



Sizes and Measurements

Finding the right size should be simple. By taking one or two measurements, you can determine the size that fits best. Most of our binders are flexible in circumference and fit. We recommend taking measurements directly on the body. When the “intended placement” is indicated

in the size chart, the measurement should be taken where the binder is meant to be worn. For example, measure over the stoma if you want to fit a stoma girdle, or over the chest if you want to fit a girdle after thoracic surgery or breast reduction due to gynecomastia.

A. Measurement at Intended Placement (cm)

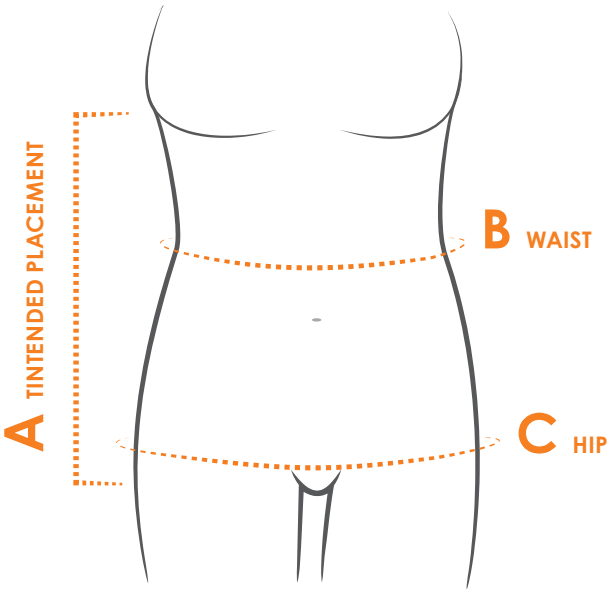
Take a snug circumference at the widest point where the binder is intended.

B. Waist Measurement (cm)

Take a snug waist measurement around the narrowest part of the waist.

C. Hip Measurement (cm)

Take a snug circumference around the hips at the widest point.



StomiFix/StomiTube	
Size	Hip (C)
X Small-Small	65 - 90 cm
Small-Medium	85 - 110 cm
Medium-Large	105 - 125 cm
Large-X Large	120 - 140 cm

StomiMini	
Size	Hip (C)
Universal	Max 120 cm

AbdoBas*/Smidig	
Size	Placement (A)
X Small	60-75 cm
Small	70-85 cm
Medium	80-100 cm
Large	95-115 cm
X Large	110-125 cm
2X Large	120-135 cm
3X Large*	130-145 cm

Stomisoft	
Size	Placement (A)
X Small	70-85 cm
Small	80-95 cm
Medium	90-105 cm
Large	100-115 cm
X Large	110-125 cm
2X Large	120-135 cm

Figur	
Size	Placement (A)
X Small	65-85 cm
Small	80-95 cm
Medium	90-105 cm
Large	100-115 cm
X Large	110-125 cm
2X Large	120-135 cm
3X Large	130-145 cm

StomiBas	
Size	Placement (A)
X Small	70-85 cm
Small	80-95 cm
Medium	90-105 cm
Large	100-115 cm
X Large	110-125 cm
2X Large	120-135 cm
3X Large	130-145 cm
4X Large	140-155 cm

Form	
Size	Hip (C)
Small	70-85 cm
Medium	80-95 cm
Large	90-105 cm
X Large	100-115 cm
2X Large	110-125 cm

ViraRak (only Hip size)/Vira x2**/Vira x3/ViraKing*		
Size	Hip (C)	Waist (B)
XX Small**	65-80 cm	50-65 cm
X Small	70-90 cm	60-80 cm
Small	80-100 cm	70-90 cm
Medium	90-110 cm	80-100 cm
Large	100-120 cm	90-110 cm
X Large	110-130 cm	100-120 cm
2-3X Large*	120-150 cm	110-140 cm

AbdoCare	
Size	Placement (A)
1	75-100 cm
2	95-120 cm
3	115-140 cm
4	140-190 cm
5	190-240 cm

Mika	
Size	Placement (A)
S/M	65 - 115 cm
L/XL	110 - 145 cm

Lyft	
Size	Hip (C)
Small	80-95 cm
Medium	95-105 cm
Large	100-115 cm
X Large	110-125 cm
2X Large	120-135 cm

Balder	
Size	Hip (C)
X Small	70-85 cm
Small	80-95 cm
Medium	90-105 cm
Large	100-115 cm
X Large	110-125 cm

LyftPlus Stomi/Comfort	
Size	Hip (C)
Medium	90-105 cm
Large	100-115 cm
X Large	110-125 cm
2X Large	120-135 cm
3X Large	130-145 cm
4X Large	140-155 cm

Vidar	
Size	Hip (C)
X Small	70-80 cm
Small	81-90 cm
Medium	91-102 cm
Large	103-113 cm
X Large	114-124 cm

LyftPlus Special	
Size	Hip (C)
Medium	90-105 cm
Large	100-115 cm
X Large	110-125 cm
2X Large	120-135 cm



NordiCare Ortopedi & Rehab AB is a Swedish company that develops and markets carefully selected post-op, orthopedic and rehab products. Our driving force is to develop functional products in appealing design that make everyday life easier for both end users and medical professionals.

