



# Post-op & Compression

GARMENTS, BRAS & BINDERS

NordiCare<sup>®</sup> +

## Easy to fit

NordiCare's post-op and compression assortment is designed to be easy to fit and adjust. By taking just a few simple measurements you will easily find your correct size. For professionals working with our products on an every day basis, it is quick and easy to find the right model, size and color, as all packagings are clear and informative.

## Comfortable recovery

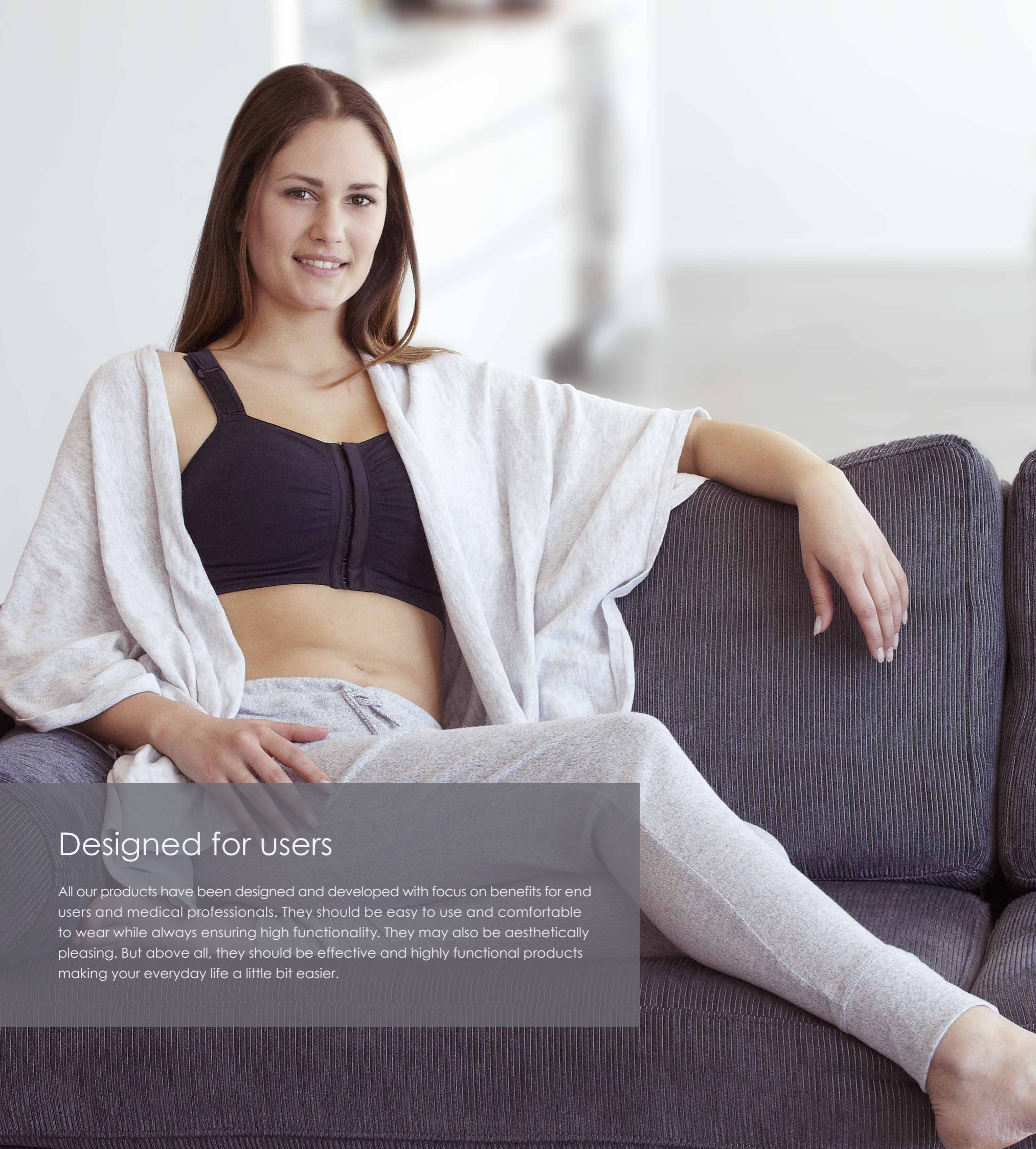
Our goal is to provide an assortment of post-op and compression products that helps in improved healing, comfortable recovery and pain relief. We develop bras, binders and garments to be used after various types of aesthetic, reconstructive and medical surgery. All products have been developed and designed with patients and medical professionals need for function and comfort in mind.

Wearing compression after surgery is known to improve healing and recovery. Applying the right compression will reduce pain, swelling and tension caused by increased fluids and bleeding in the operated area. The general recommendation is to use a garment with medical compression in class 1 after surgery. In most cases wearing a supporting garment, bra or binder will also facilitate recovery as it provides pain relief and enables early recovery.

## Function and quality first

We offer smart products in smart design with functional details. For ultimate comfort, products are made from soft, breathable fabrics, easy to wash and care for at home. We work with sustainable textiles tested for harmful substances according to OEKO-TEX® standard 100. All NordiCare's post-op products are CE-certified as medical devices in class 1.





## Designed for users

All our products have been designed and developed with focus on benefits for end users and medical professionals. They should be easy to use and comfortable to wear while always ensuring high functionality. They may also be aesthetically pleasing. But above all, they should be effective and highly functional products making your everyday life a little bit easier.

Knitted compression garments



Facial bandages



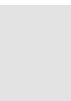
Post-op binders



Post-op bras & breast bands



Sizes and measurements





## Next generation compression garments

NordiCare's line of seamless knitted compression garments is a unique product assortment combining the most comfortable fabric together with high quality compression and functional design. The garments are designed to be worn directly after surgery and during the recovery period. The garments are made in knitted seamless 4-way stretch, comfortable to wear and easy to fit as they adjust to body shape. Our knitted material is breathable and soft, yet durable and supportive. Most important it will ensure the right level of compression over time.



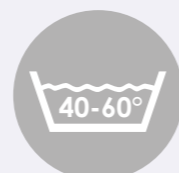
Seamless



Compression class 1



4-way stretch



40-60°C washing

Alison,  
compression body



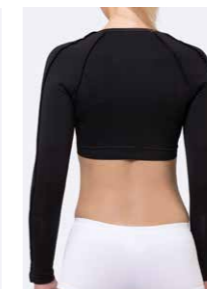
### Alison

Compression body with high back. Recommended after surgery or liposuction on the abdomen, sides and/or back. Hook and eye closure in both sides, open crotch, wide back and adjustable shoulder straps. Sizes XS-2XL. Art.no 51203.



### Annie

Below knee compression pant in pull-on model. Recommended after minor surgery or liposuction on the leg and/or abdomen. Can also be used as a second stage product after the initial recovery period. Silicone waistband. Sizes XS-2XL. Art.no 51202.



### Jessie

Compression bolero with full length sleeves. Recommended after surgery or liposuction of the arms, armpits and upper back. Optimal compression and support for pain relief and reduced swelling. Conforms to the body. Sizes XS-2XL. Art.no 51212.



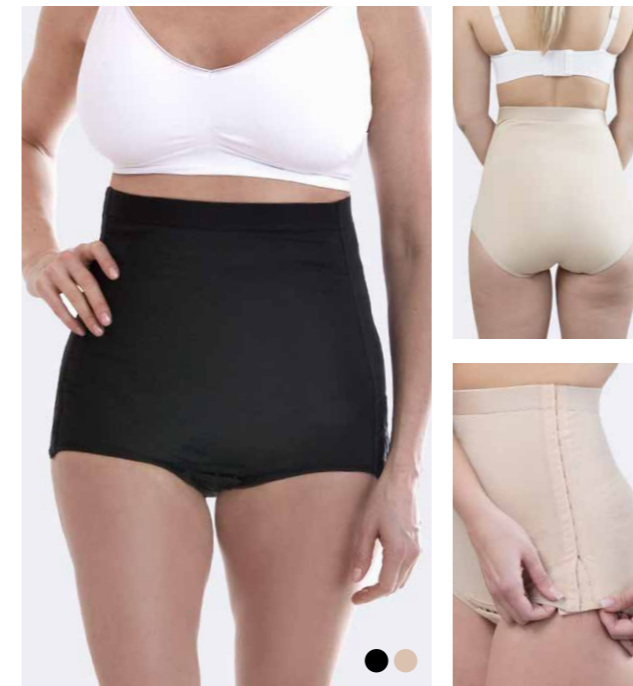
### Jill

Compression top with full length sleeves. Recommended after arm and back surgery such as liposuction or arm lift. Hook and eye closure in the front for easy application and adjustment. Fits different body shapes. Sizes XS-2XL. Art.no 51205.



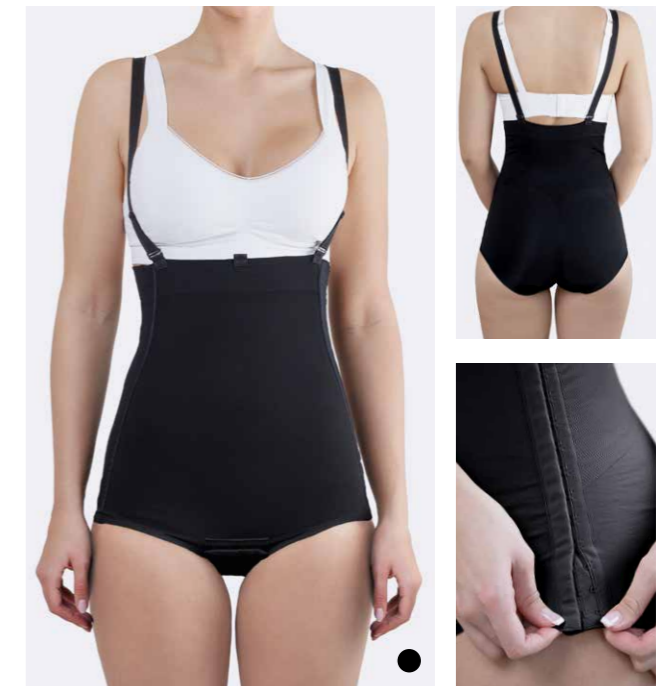
## Smart products, smart design

To facilitate wear, we have incorporated a lot of smart design in our garments. Double closures make sure they are easy to put on and adjust. Silicone waist line for anti-slip effect and open crotch models, so you can wear them directly after surgery. The garments are possible to wash at home in high temperatures and made in quick drying material. They are basically invisible under your clothing and help you feel good while getting better.



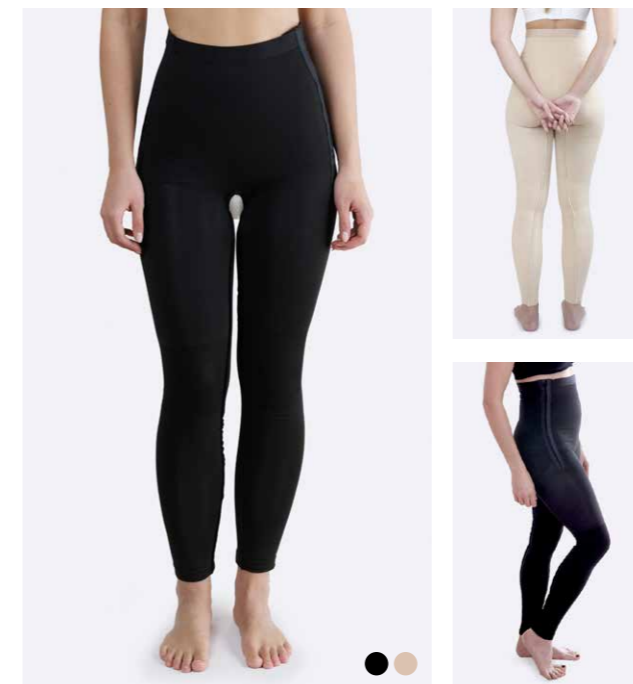
### Daisy

Compression body with double material over the abdomen/pocket. Recommended after surgery and liposuction on the abdomen. Fully openable with hook and eye closure on both sides and crotch. Silicone waistband. Sizes XS-2XL. Art.no 51204.



### Jolene

Compression bodysuit with high waist. Recommended after surgery and liposuction on the abdomen. Fully openable and adjustable with hook and eye closure on both sides and crotch. Adjustable shoulder straps. Sizes XS-2XL. Art.no 51213.



### Patsy

Full length compression pants. Recommended after surgery and/or liposuction on the leg or abdomen. Hook and eye closure on both sides for easy removal and adjustment of the fit. Open crotch and silicone waistband. Sizes XS-2XL. Art.no 51201.



### Courtney

Below knee compression pants. Recommended after surgery and/or liposuction on the leg or abdomen. Hook and eye closure on both sides for easy removal and adjustment of the fit. Open crotch and silicone waistband. Sizes XS-2XL. Art.no 51210.



## Seamless 4-way stretch

Our seamless knitted garments with 4-way stretch offer exceptional comfort and adapt to all body shapes. The fabric allows small openings for drains or other needs and can be washed at high temperatures at home. Each garment provides targeted compression and support where it's needed most, helping to promote healing and enhance comfort. Every product is designed for its specific indication.

Dolly, bodysuit



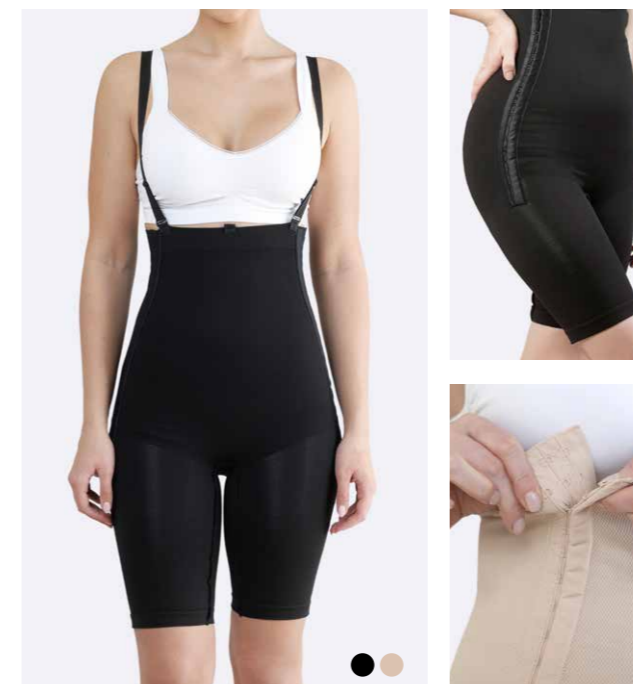
**Dolly/Hollie**

Compression bodysuit with high back. Hook and eye closure for easy application and adjustable fit. Adjustable shoulder straps. Knitted shaped compression over buttocks and groins for optimal fit. Reinforced knitting over abdomen for extra support. Dolly has an overlapping opening in the crotch, while Hollie has an open crotch and is only available in black. Sizes XS-2XL. Dolly art.no 51207 and Hollie art.no 51209.



**Peggy**

Knee-length compression pants. Hook and eye closure for easy application and adjustable fit. Silicone waistband. Overlapping opening in the crotch. Knitted shaped compression on buttocks and groins for optimal fit. Reinforced knitting over abdomen for extra support. Sizes XS-2XL. Art.no 51206.



**Cindy**

Compression bodysuit with high waist. Hook and eye closure for easy application and adjustable fit. Overlapping opening in the crotch and adjustable shoulder straps. Shaped knitting over buttocks and groins for optimal fit. Reinforced knitting over abdomen for extra support. Sizes XS-2XL. Art.no 51208.

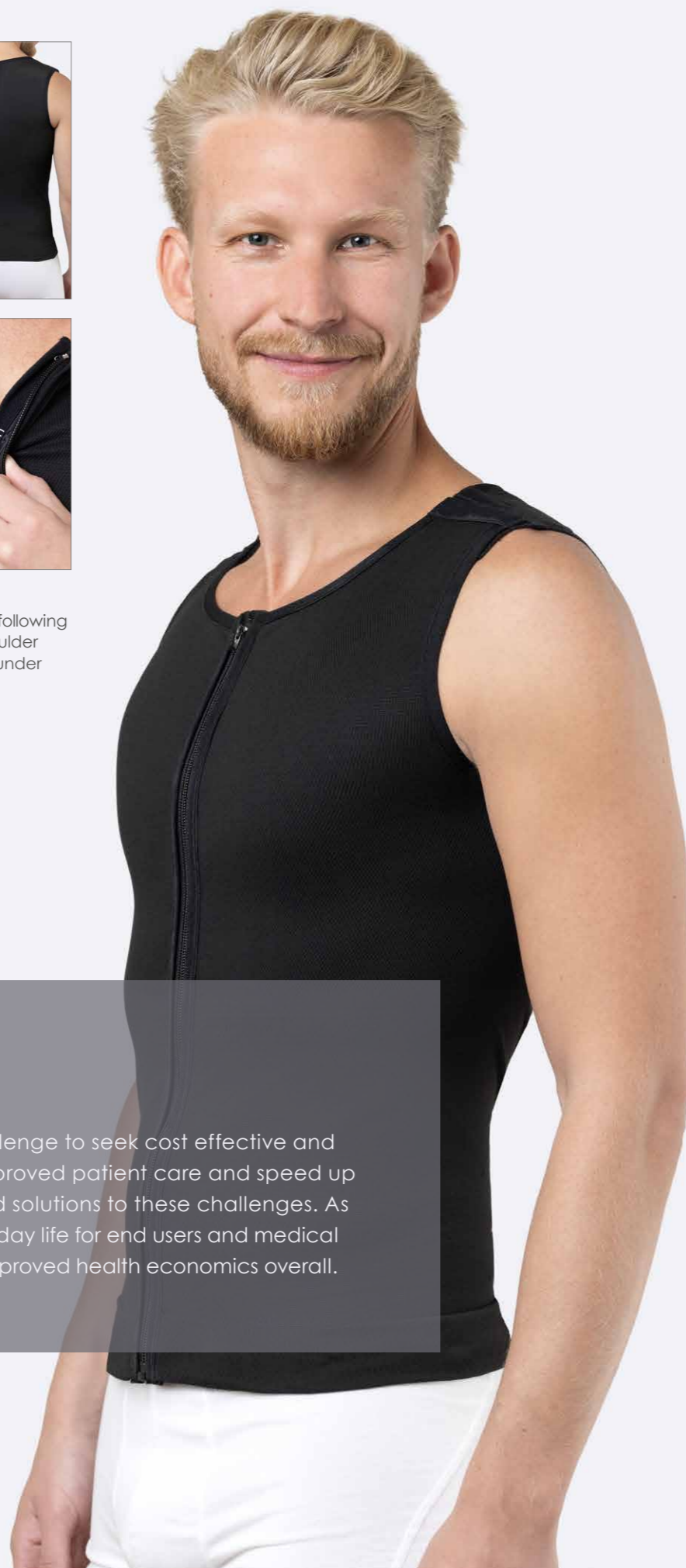
Cindy, bodysuit





**William**

Full-length compression vest for men. Recommended following gynecomastia surgery or liposuction. Adjustable shoulder straps and protected zipper. Hook and eye closure under zipper for extra security. Sizes XS-2XL. Art.no 51211.



William, compression vest

## Efficient solutions

Today, healthcare faces a growing challenge to seek cost effective and efficient solutions in order to provide improved patient care and speed up recovery. NordiCare is committed to find solutions to these challenges. As our products and services facilitate everyday life for end users and medical professionals, we strive to contribute to improved health economics overall.

## Flexible and comfortable compression

NordiCare's facial bandages can be worn immediately after surgery to provide even compression in the operated area. The material is soft, breathable and without any irritating seams. To suit different needs and faces, the bandages have a very flexible and adjustable design. They are washable at 60°C.



**Kim**

Face bandage in comfortable material with seamless edges. Adjustable fit and compression. Airy and cooling material. Can be easily trimmed around the cheeks, chin, and neck or cut holes for the ears. The length of the Velcro straps can be shortened. Sizes S/M and L/XL. Art.no 51107.



**Alex**

Bandage for compression or fixation after facial surgery. Comfortable material and easy to adjust as the velcro closure attaches to the entire surface. Two smaller bands for extra fixation are included. The band can be fixed in many different ways. One size. 7,5 cm wide. Art.no 51108.

# Binders for support and relief

Through effective support and compression, our post-op binders provide pain relief, faster mobilization and reduced risk of complications after surgery. The range is developed to serve different needs of compression fixation and stability. All binders are flexible as they can be worn both around abdomen and chest. They are either adjustable or universal in sizes, making them easy to fit and adapt through different stages of the healing period. All textiles are of best quality and hygienic to wear also during longer periods, as they can be machine washed at high temperatures.

The scales show level of compression and support from 1 to 3 (light to strong).



Mirabelle, compression bra  
AbdoCare, binder  
Annie, compression pant



### AbdoCare

Elastic binder in soft knitted material. Velcro is attachable on to the entire surface, for easy adjustment and universal sizes. V-shaped for optimal fit. Possible to cut material for adjusting length, fit etc. Heights 23, 30 and 37 cm. Sizes 1-5. Art.no 50225-26 and 50237.



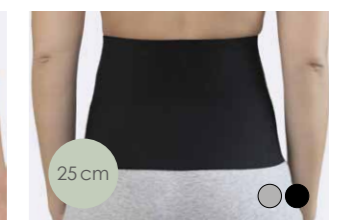
### ThoraCare

A soft knitted binder with shoulder straps. For compression, support and pain relief after surgery in thorax or chest. Flexible fit, size and compression with Velcro. Possible to cut to desired shape and height. Height 23 cm is available in size S-3XL and height 30 cm in size L-3XL. Art.no 50300 and 50301.



### Figur

Elastic binder providing relief and efficient support after surgery. The wide velcro adjustable front closure makes the product easy to put on and adjust to requested compression. Heights 16, 20, 25 and 32 cm. Sizes XS-3XL. Art.no 50221-22 and 50202-03.



### Form

Elastic binder providing relief and efficient support after surgery. Adjustable velcro front closure makes the product easy to put on and adjust to requested compression. Heights 15, 20 and 25 cm. Sizes S-2XL. Art.no 50209, 50220 and 50204.





**AbdoBas**

Elastic binder. The unelastic front provides relief and efficient support for wounds and after surgery. Adjustable velcro and handle for easy application and adjustment. Possible to cut holes in front material. Colour marking for easy size indication. Height 25 cm. Sizes XS-3XL. Art.no 50236.



**Smidig**

Elastic binder for relief and efficient support after surgery. Adjustable velcro front closure and handle makes the product easy to put on and adjust to requested compression. Height 20 cm. Sizes XS-2XL. Art.no 50247.



**ViraX2**

Elastic binder providing pain relief, efficient support and strong compression after surgery. Two strap closure for optimum fit and adjustable compression. Height 25 cm. Sizes XXS-XL. Art.no 50228.



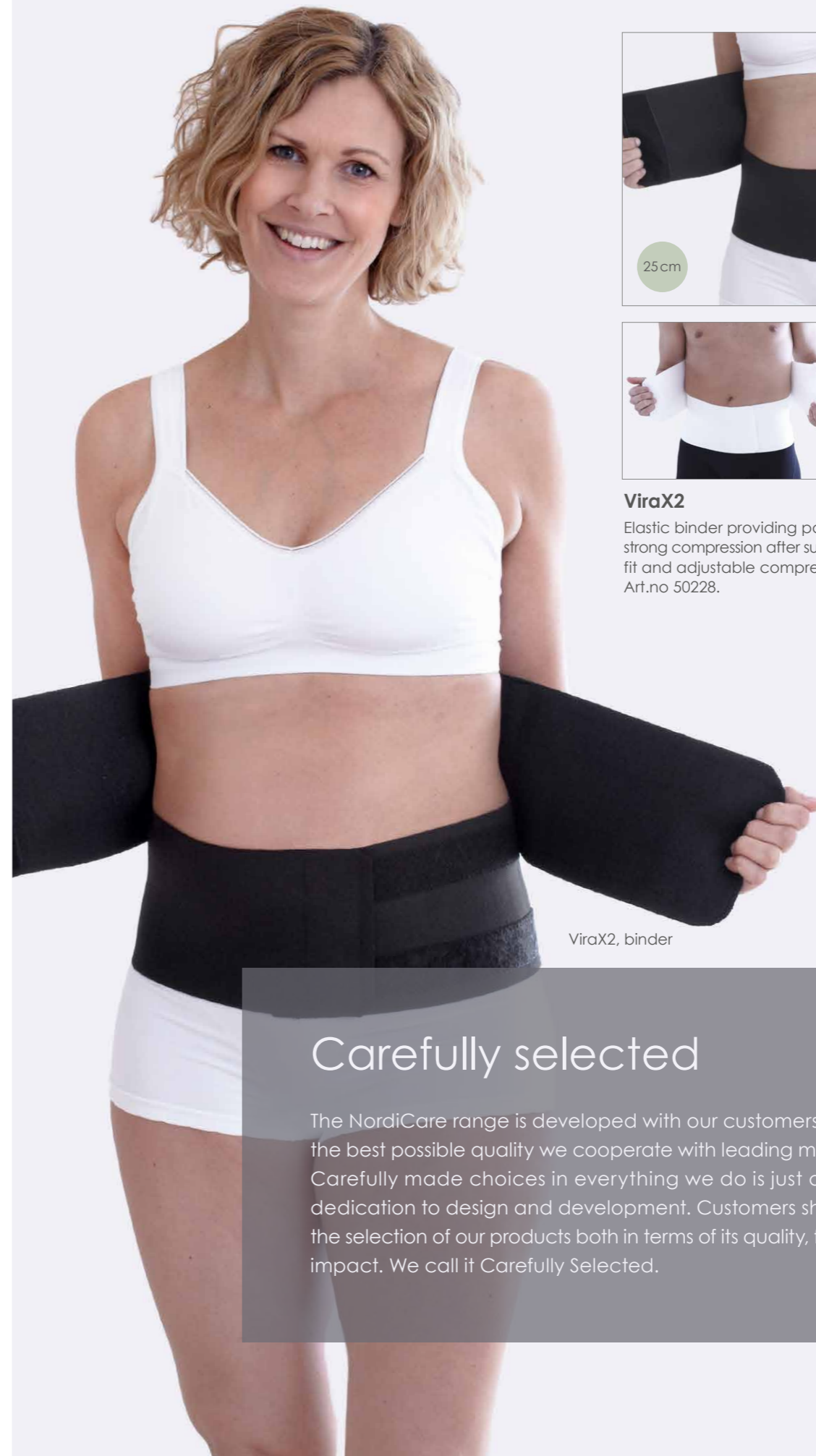
**ViraRak**

Elastic binder providing pain relief, efficient support and strong compression after surgery. One strap closure for optimum fit and adjustable compression. Heights 15 and 20 cm. Sizes XS-XL. Art.no 50230-31.



**ViraX3**

Elastic binder providing pain relief, efficient support and strong compression after surgery. Three strap closure for optimum fit and adjustable compression. Height 32 cm. Sizes XS-XL. Art.no 50227.



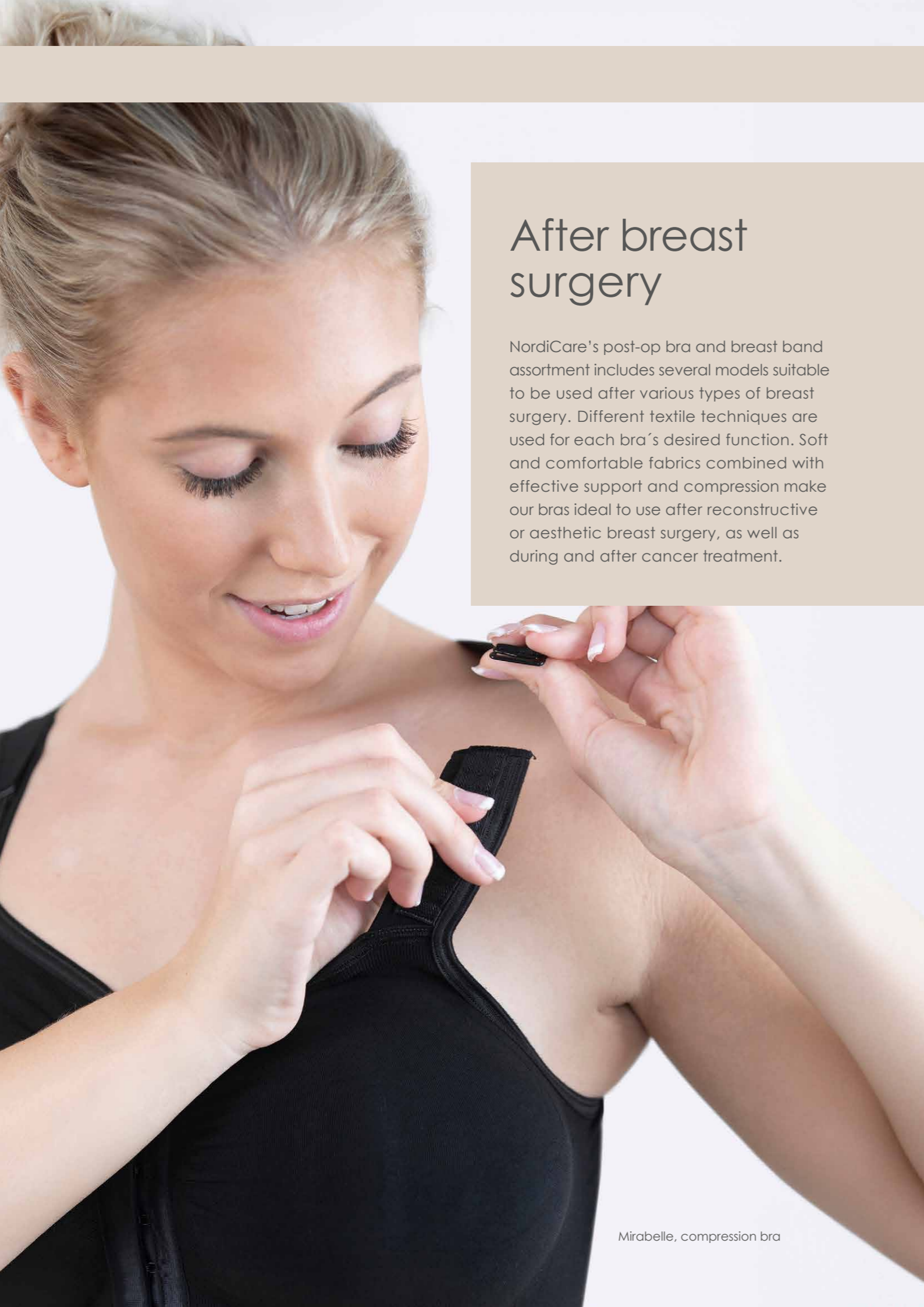
ViraX2, binder

## Carefully selected

The NordiCare range is developed with our customers' needs in focus. To ensure the best possible quality we cooperate with leading manufacturers and partners. Carefully made choices in everything we do is just as important to us as our dedication to design and development. Customers should always feel secure in the selection of our products both in terms of its quality, function and environmental impact. We call it Carefully Selected.

## After breast surgery

NordiCare's post-op bra and breast band assortment includes several models suitable to be used after various types of breast surgery. Different textile techniques are used for each bra's desired function. Soft and comfortable fabrics combined with effective support and compression make our bras ideal to use after reconstructive or aesthetic breast surgery, as well as during and after cancer treatment.



Mirabelle, compression bra



### Mirabelle

Seamless knitted compression bra. High back coverage, adjustable shoulder straps, adjustable front hook-and-eye closure. Fully openable in shoulders and front for easy application. Sizes S-2XL, art.no 31144. Mirabelle Queen, sizes 2XL-4XL, art.no 31145.



### Sandra

Seamless knitted compression bra. Adjustable shoulder straps, adjustable back hook-and-eye closure. Deeper neckline and comfortable wide shoulder straps. Can also be used as a second stage bra for everyday use. Sizes S-2XL in small cup (A-C) and S-2XL in large cup (D-F). Art.no 31147.



### Felicia

Wireless bra in soft microfiber material. Supportive cups, wide and adjustable shoulder straps. Hook-and-eye closure in back 3x3 rows. Can also be used as a second stage bra for everyday use. Sizes 65 F-G, 70 C-G, 75 C-G, 80 C-G, 85 C-D, 90 C-D. Art.no 31151.



### Miriam

Seamless knitted fixation bra with non-compressive cups. Extra wide across the back and high under the arms. Adjustable shoulder straps and a front hook-and-eye closure. Fully openable in shoulders and front for easy application. Sizes XS-2XL, art.no 31154.



## Fast recovery

Wearing a breast band after surgery helps to reduce swelling by adding pressure to the chest. It will also help to preserve the results of the operation and shorten the recovery period. A breast band may also help to position implants.

Mika, breast band



### Evelina

Wire bra in soft micro fiber material. Supportive cups, wide and adjustable shoulder straps. Hook-and-eye closure in back 3x3 rows. Can also be used as a second stage bra for everyday use. Sizes 65 C-G, 70 C-I, 75 D-I, 80 D-I, 85 D-G. Art.no 31152.



### Klara

Seamless knitted compression bra in double fabric to provide strong compression. Ideal for treatment of lymphoedema. High back coverage, adjustable shoulder straps, adjustable front hook and eye closure. Fully openable in shoulders and front for easy application. Sizes S-2XL. Art.no 31148.



### Mio

Breast band for positioning of breast implants or fixation of dressings. Velcro is attachable onto the entire surface, for easy adjustment of the compression. Flexible airy elastic material. Level of compression can be adjusted as needed. Height 7,5 cm. Universal size. Art.no 50223.



### Mika

Wide breast band for compression and/or fixation of dressings. Velcro is attachable onto the entire surface, for easy adjustment of the compression. Flexible airy elastic material. Level of compression can be adjusted as needed. Height 15 cm. Sizes S/M-L/XL. Art.no 50224.

### How to measure for compression garments and binders

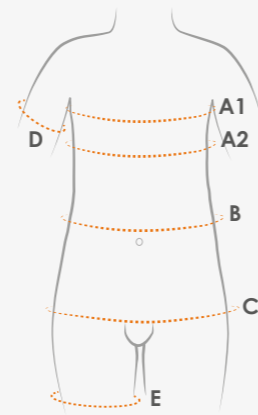
**A. Chest: A1**, men: circumference chest.  
**A2**, women: circumference under bust.

**D. Upper arm (biceps):** Measure around the largest part of the upper arm.

**B. Waist:** Measure around the thinnest part of the waist.

**E. Thigh:** Measure the circumference at the middle of the thigh.

**C. Hip:** While feet together, measure circumference of the fullest part of the hip/thigh area.



### How to measure bra size

1. Measure the circumference:

**X Under the bust – tight.** This is your band size. *Example 76 cm.*

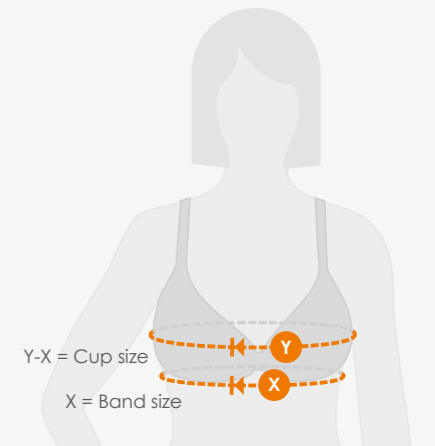
**Y Around the fullest part of the bust – loose.** *Example 95 cm.*

2. Subtract X from Y (Y - X) to determine the cup size. *Example 95 - 76 = 19.*

3. Use the chart below to find your cup size. *Example 19 = D.*

4. Round the band size to the nearest 5 and combine it with the cup size. *Example 75D.*

		Example									
Difference in cm (Y-X)	11-12	12-14	14-16	16-18	18-20	20-22	22-24	24-26	26-28	28-31	
Cup size	AA	A	B	C	D	E	F	G	H	I	



### Knitted compression garments

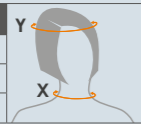
Jill 51205, Jessie 51212, Alison 51203, Daisy 51204, Jolene 51213, Annie 51202, Patsy 51201, Courtney 51210, Dolly 51207, Hollie 51209, Peggy 51206, Cindy 51208.

Size	Waist (B)	Hip (C)	Under bust (A2)	Arm (D)	Thigh (E)
X Small	62-68 cm	86-91 cm	63-70 cm	22-25 cm	46-50 cm
Small	69-75 cm	92-97 cm	70-77 cm	25-28 cm	50-54 cm
Medium	76-83 cm	98-103 cm	75-82 cm	28-31 cm	54-58 cm
Large	84-92 cm	104-111 cm	80-87 cm	30-33 cm	58-62 cm
X Large	93-101 cm	112-119 cm	85-92 cm	31-34 cm	62-66 cm
2X Large	102-110 cm	120-127 cm	90-97 cm	33-36 cm	66-70 cm

William compression vest 51211		
Size	Bust	Waist (B)
X Small	84-90 cm	74-80 cm
Small	90-96 cm	80-87 cm
Medium	96-103 cm	87-94 cm
Large	103-110 cm	94-102 cm
X Large	110-117 cm	102-110 cm
2X Large	117-124 cm	110-117 cm

### Facial bandages

Kim face bandage 51107		
Size	X=Neck	Y=Head
S/M	30-40 cm	52-58 cm
L/XL	38-48 cm	56-62 cm



Alex face bandage 51108	
Size	Width
Universal	7,5 cm

### Post-op binders

ViraRak 50230-31, ViraX2 50228, ViraX3 50227		
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	120-130 cm	110-120 cm

Form 50209, 50220, 50204	
Size	Placement*
Small	70-85 cm
Medium	80-95 cm
Large	90-105 cm
X Large	100-115 cm
2X Large	110-125 cm

Figur 50202-03	
Size	Placement*
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

AbdoBas 50236 (XS-3XL), Smidig 50247 (XS-2XL)	
Size	Hip (C)
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	135-145 cm

ThoraCare 50300-01	
Size	Chest (A1)
Small	70-80 cm
Medium	80-90 cm
Large	90-105 cm
X Large	105-120 cm
2X Large	120-145 cm
3X Large	145-170 cm

\* Circumference of the intended placement.

\*\* Only in black, 20 cm.

\*\*\* Only in white, 16 & 25 cm.

\*\*\*\* Only in ViraX2.

### Post-op bras and breast bands

Mirabelle 31144, Mirabelle Queen 31145																
Mirabelle white + black							S-2XL									
Mirabelle Queen white							2XL-4XL									
Cup size	Band size															
	cm	70	75	80	85	90	95	100	105	110	115	120	125	130	135	140
	inch	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56
AA																
A																
B																
C																
D																
E																
F																
G																

Sandra 31147											
Band size	cm	65	70	75	80	85	90	95	100	105	110
	inch	26	28	30	32	34	36	38	40	42	44
Cup size	A										
	B										
	C										
	D										
	E										
	F										

Klara 31148												
Band size	cm	60	65	70	75	80	85	90	95	100	105	110
	inch	24	26	28	30	32	34	36	38	40	42	44
Cup size	AA											
	A											
	B											
	C											
	D											

Miriam 31154													
Cup size	Band size												
	cm	60	65	70	75	80	85	90	95	100	105	110	115
A													
B													
C													
D													
E													
F													
G													

Felicia 31151									
Band size	Cup size								
	cm	inch							
65	26				F	G			
70	28	C	D	E	F	G			
75	30		C	D	E	F	G		
80	32			C	D	E	F	G	
85	34				C	D			
90	36					C	D		

Evelina 31152											
Band size	Cup size										
	cm	inch									
65	26	C	D	E	F	G					
70	28		C	D	E	F	G	H	I		
75	30				D	E	F	G	H	I	
80	32					D	E	F	G	H	I
85	34						D	E	F	G	

Mio 50223		
Model	Height	Size
Mio white	7,5 cm	Universal
Mio black	7,5 cm	Universal

Mika 50224		
Size	Height	Measurement
S/M	15 cm	65-115 cm
L/XL	15 cm	110-145 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.



**NordiCare**<sup>®</sup> +

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