

### How to measure for compression garments and binders

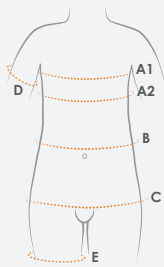
**A. Chest:** **A1**, men: circumference chest. **A2**, women: circumference under bust.

**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.



### Seamless knitted compression garments

Jill 51205, Alison 51203, Daisy 51204, Annie 51202, Patsy 51201, Dolly 51207, Peggy 51206

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

### Compression garments

Freja briefs 50254

Size	Waist (B)
02	65-69 cm
03	70-74 cm
04	75-79 cm
05	80-84 cm
06	85-89 cm
07	90-94 cm
08	95-99 cm

Wilmer compression vest 51103

Size	Chest (A1)	Waist (B)
X Small	81-86 cm	73-78 cm
Small	87-93 cm	79-85 cm
Medium	94-100 cm	84-90 cm
Large	101-108 cm	91-97 cm
X Large	109-116 cm	98-105 cm
2X Large	117-124 cm	106-113 cm

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



### Post-op binders

ViraRak 50230-31, ViraX2 50228, ViraX3 50227

Size	Hip* (C)	Waist (B)
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

Figur 50202-03

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
2X Large***	130-145 cm

Form 50209 & 50204-05

Size	Hip* (C)
Small	80-95 cm
Medium	90-105 cm
Large	100-115 cm
X Large	110-125 cm
2X Large	120-135 cm

AbdoBas 50236, Smidig 50247

Size	Hip* (C)
Small	70-85 cm
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

AbdoCare 50225-26, 50237

Size	Available height	Hip* (C)
1	23 cm, 30 cm	75-100 cm
2	23 cm, 30 cm	95-120 cm
3	23 cm, 30 cm	115-140 cm
4	23 cm, 30 cm	140-190 cm
5	30 cm, 37 cm	190-240 cm

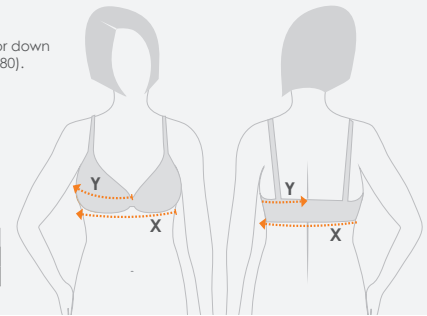
\* Measure circumference of the hip/intended placement eg. chest.  
\*\* Only in black, 20 cm. \*\*\* Only in white, 16 & 25 cm.

### How to measure cup size

1. Tight circumference measurement around bust = **X**. Round up or down to the nearest multiple of 5 (eg measure 78 cm gives a bra size of 80).

2. Loose measurement over the fullest part of the breast, from the centre of the spine to the centre of the sternum = **Y**. Multiply this measurement by two = **Y2**.

3. The difference between **Y2** and **X** decides the cup size. (Y2 - X = cup size)



Y2-X = Cup size	
Difference	cm 11 13 15 17 19 21 23 25 27 29
Cup size	AA A B C D E F G H I

### Post-op bras and breast bands

Mirabelle 31145

Model	Size
Mirabelle white	S-2XL
Mirabelle black	S-2XL
Mirabelle Queen white	3XL-4XL

Band size	cm	70	75	80	85	90	95	100	105	110	115	120	125	130	135
	inch	28	30	32	34	36	38	40	42	44	46	48	50	52	54
Cup size	AA														
	A														
	B														
	C				M		L		XL		2XL				
	D												3XL		
	E														4XL
	F														
G															

Sandra 31147

Model	Size
Sandra small cup	S-2XL
Sandra large cup	S-2XL

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		S (Cup A-C)		M (Cup A-C)		L (Cup A-C)		XL (Cup A-C)		2XL (Cup A-C)	
	C											
	D											
	E				S (Cup D-F)		M (Cup D-F)		L (Cup D-F)		XL (Cup D-F)	
	F											

Klara 31148

Model	Size
Klara	S-2XL

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				S		M		L		XL	
	C											2XL
	D											
E												

Victoria 31146

Band size		Cup size						
cm	inch							
65	26				D	E	F	G
70	28	A	B	C	D	E	F	G
75	30		A	B	C	D	E	F
80	32			A	B	C	D	E
85	34				A	B	C	D
90	36					A	B	C
95	38						A	B

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
85	34					C	D	
90	36						C	D

Evelina 31152

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

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