

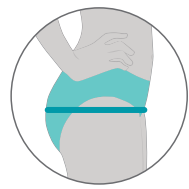
Measure with Confidence

Proper sizing ensures that consistent, targeted compression is applied to the correct areas of the body. Follow these sizing guidelines to determine your correct size.

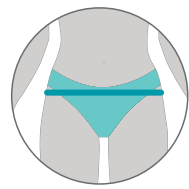
Please note: Most garments do not require every point of measure for sizing. Please refer to the specific product to determine where to measure. Always measure the area of the surgical site(s) first.



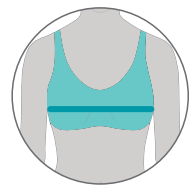
TIP 1
Be sure the measuring tape is straight and level



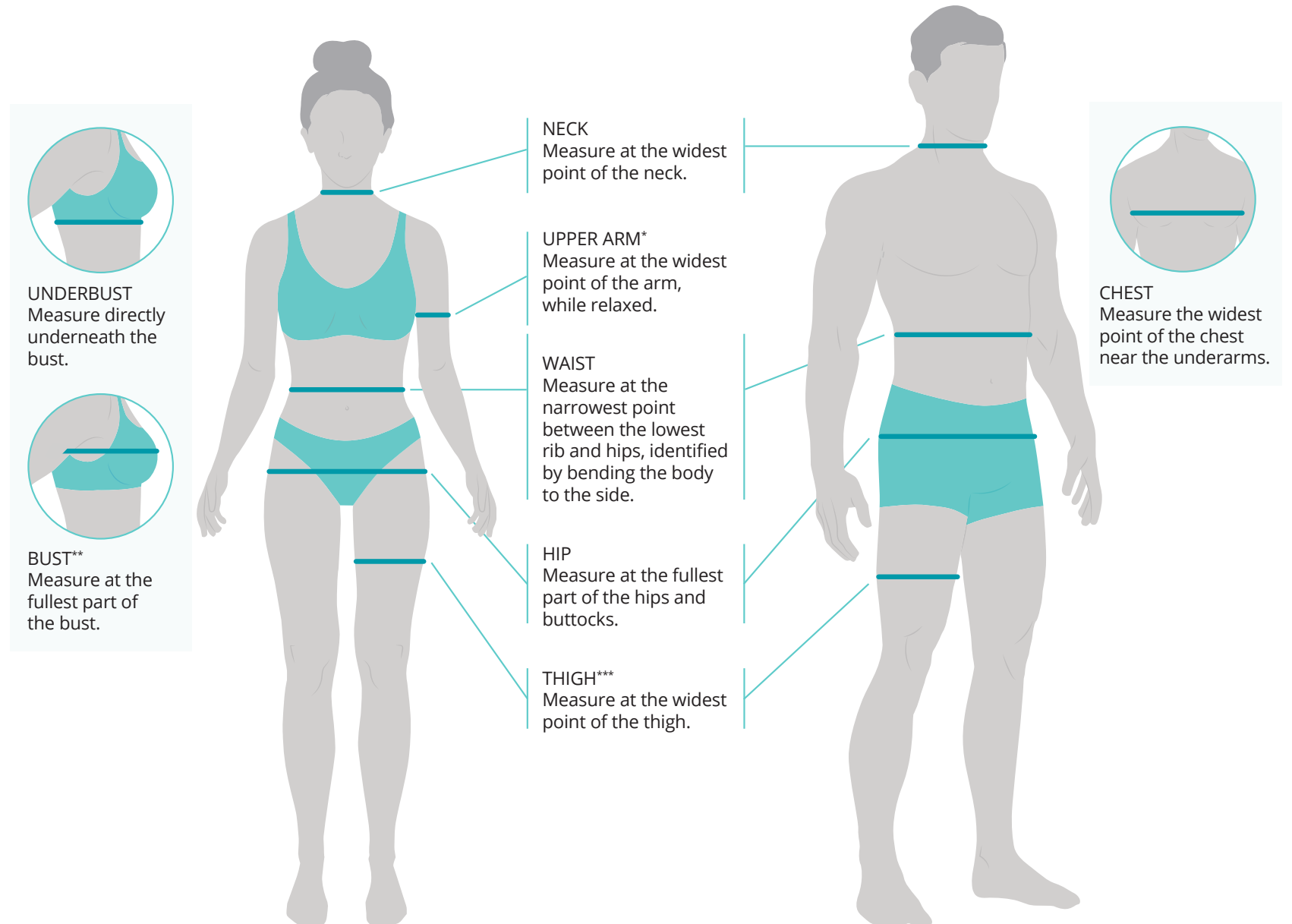
TIP 2
Measure around the widest point of the body part



TIP 3
The tape should be snug, but not cause an indentation



TIP 4
Always stand while measuring and do not wear bulky clothes but do wear a bra



*The upper arm measurement is only required for sleeves – style numbers SM and SL. | **The bust measurement in the Women's Recovery size chart below is only required for vests. | *** The thigh measurement is only required if the thighs are an area of the surgical site.

FLEXFIT™ BRAS

STEP 1: FIND YOUR BAND SIZE
Measure your underbust to find your band size.

STEP 2: FIND YOUR CUP SIZE
Measure the fullest part of your bust to find your cup size.

STEP 3: COMBINE TO FIND YOUR BRA SIZE
US 30
AA/A

UNDERBUST	US	BUST	30-31 IN	32-33 IN	34-35 IN	36-37 IN	38-39 IN	40-41 IN	42-43 IN	44-45 IN	46-47 IN	48-49 IN	50-51 IN	52-53 IN	54-55 IN
25-26 IN	30	AA/A		B/C											
27-28 IN	32	AA/A		B/C		D/E									
29-30 IN	34	AA/A		B/C		D/E									
31-32 IN	36	AA/A		B/C		D/E									
33-34 IN	38	AA/A		B/C		D/E									
35-36 IN	40	AA/A		B/C		D/E									
37-38 IN	42	AA/A		B/C		D/E									
39-40 IN	44	AA/A		B/C		D/E									
41-42 IN	46	AA/A		B/C		D/E									
43-44 IN	48	AA/A		B/C		D/E									
45-46 IN	50	AA/A		B/C		D/E									

If the measurements fall between sizes, choose the larger size.

WOMEN'S RECOVERY

Size	2XS	XS	S	M	L	XL	2XL	3XL	4XL
Arm	8.75-9.5 IN	9.5-10.25 IN	10.25-10.75 IN	10.75-11.25 IN	11.25-12 IN	12-13 IN	13-14.25 IN	14.25-15.75 IN	15.75-17.5 IN
Bust	30-32 IN	32-34 IN	34-36 IN	36-38 IN	38-40 IN	40-43 IN	43-47 IN	47-51 IN	51-55 IN
Waist	22-24 IN	24-26 IN	26-28 IN	28-30 IN	30-32 IN	32-35 IN	35-39 IN	39-43 IN	43-47 IN
Hips	32-34 IN	34-36 IN	36-38 IN	38-40 IN	40-42 IN	42-45 IN	45-49 IN	49-53 IN	53-57 IN
Thigh	17.5-18.75 IN	18.75-20 IN	20-21.25 IN	21.25-22.5 IN	22.5-23.75 IN	23.75-25.5 IN	25.5-27.75 IN	27.75-30.5 IN	30.5-33.75 IN

MEN'S RECOVERY

Size	XS	S	M	L	XL	2XL	3XL	4XL
Chest	29-33 IN	33-37 IN	37-41 IN	41-45 IN	45-49 IN	49-53 IN	53-57 IN	57-61 IN
Waist	23-27 IN	27-31 IN	31-35 IN	35-39 IN	39-43 IN	43-47 IN	47-51 IN	51-55 IN
Hips	29-33 IN	33-37 IN	37-41 IN	41-45 IN	45-49 IN	49-53 IN	53-57 IN	57-61 IN
Thigh	17.75-20.25 IN	20.25-22.75 IN	22.75-25.25 IN	25.25-27.75 IN	27.75-30.25 IN	30.25-32.75 IN	32.75-35.25 IN	35.25-37.75 IN

UNISEX RECOVERY

BINDERS		
Style	AB3 & AB4	AB3X & AB4X
Waist	Up to 42 IN	42-62 IN

FACE MASKS				
Size	S	M	L	XL
Neck	13-15 IN	15-17 IN	17-19 IN	19-21 IN