


NordiCare®

POST OP & COMPRESSION



For truly beautiful results.

Our goal is to design an assortment of post op and compression garments that helps in improved healing, comfortable recovery and creating beautiful results. NordiCare's post op and compression assortment consists of bras, girdles and garments to be used after various types of aesthetic, reconstructive and medical surgery.

All our 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 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 I after surgery. In most cases wearing a supporting garment, bra or binder will also facilitate healing as it makes recovery more comfortable and enables early mobilisation.



VICTORIA. 31146

Post op bra.

ABDOCARE. 50225, 50226

Elastic binder.

VILMER. 51103

Compression vest.



Compression garments

Functional details.

After surgery, it is important that the body recovers as fast as possible without complications. NordiCare compression garments offer ideal support and compression. They reduce postsurgical pain as well as minimize swelling.

NordiCare's garments are effective and comfortable at the same time as they are adjustable and possible to adapt throughout the whole healing period. The fabric is very durable, yet light and smooth, making all our garments easy to wear and feeling pleasant to the skin.

Designed for comfort as well as functionality, the garments have no irritating seams, uncomfortable closures or unwanted tags. It is easy to maintain good hygiene during the healing period as the garments are washable at 60° C and made out of quick drying material. Our compression garments are available in black and white.



Our product meets the requirements of the Medical Devices Directive 93/42/EEC. Medical device class 1, non sterile.

OEKO-TEX®
CONFIDENCE IN TEXTILES
STANDARD 100



Tested for harmful substances.
www.oeko-tex.com/standard100






Compression garments.

NordiCare's compression garments can be worn immediately after surgery. Our products are designed to be easy to put on and adjust for the best fit and comfort. The garments are made to provide even compression in operated area. Some models are designed with targeted compression zones through integrated double layered panels or girdles, enabling simultaneous compression and support.

NordiCare works with certified high quality textiles. For ultimate comfort, garments are made from soft, breathable fabrics, easy to wash and care for at home. Wearing NordiCare garments underneath regular clothes is no problem – they will be virtually invisible.

A woman with long blonde hair is shown in profile, smiling and looking towards the left. She is wearing a black, form-fitting compression garment that includes a bra and leggings. She is standing in a bright, airy space with large windows in the background. A red garment is draped over a railing to her right.

SANDRA. 31147
Post op bra.
PAULINA. 51105
Body.

Compression bodys



VIVECA. 51101. Compression body with high back, integrated abdominal girdle, open crotch, adjustable shoulder straps, targeted compression zones. Protected zippers with hook and eye closure for extra security. Sizes XS - 2XL.



VIOLA. 51100. Compression body with integrated girdle, open crotch with hook and eye closure, adjustable and detachable shoulder straps, targeted compression zones. Protected zippers with hook and eye closure for extra security. Sizes S-2XL.



RAKEL. 51106. Double zippered compression body adjustable and detachable shoulder straps and open crotch. Extra compression in the whole body from double fabric. Possible to cut to adjust thigh length. Protected and reinforced zippers with hook and eye closure for extra security. Sizes S-2XL.



PAULINA. 51105. Double zippered compression body with full length legs and high back. Open crotch, adjustable and openable shoulder straps. Possible to cut to adjust leg length. Extra compression from double fabric in targeted zones. Protected and reinforced zippers with hook and eye closure for extra security. Sizes S-2XL.

Compression vests



VILMER. 51103. Compression vest. Adjustable wide shoulder straps, extra compression from double fabric around the chest area, full length. Protected zippers with hook and eye closure for extra security. Sizes XS - 2XL.



Vilmer compression vest is designed to be worn after male breast surgery, e.g. reduction of enlarged breasts in men (gynecomastia). Vilmer vest has a steady compression and flat vertical seams. Wearing compression around the chest after surgery will decrease swelling and pain to ensure fast and comfortable recovery.

Compression pants



NOELLE. 51102. Compression pant, below-knee length. Zippered with closed crotch, extra compression from double layered fabric around upper thighs and abdomen. Protected zippers with hook and eye closure for extra security. Sizes XS-2XL.



ELLINORE. 51104. Double zippered compression pants in full length. Open crotch, targeted compression zones with extra compression over thighs, knees and abdomen. Possible to cut to adjust leg length. Protected and reinforced zippers with hook and eye closure for extra security. Sizes S-2XL.



FREJA. 50254. Abdominal support briefs. Cotton-lined open crotch with hook and eye closure. Including removable pads for extra compression over pubis. Sizes 2 - 8.



The fabric is possible to cut for adjustment of length and shape.

Face bandage.

For our face products we choose only the best materials. Working with smart textiles with functional properties our products offer comfortable wear and high functionality for patients. We also consider the products to be easy to use and apply for professionals, because our models are adjustable it is possible to find a perfect fit for various sizes and shapes.



KIM. 51107. Face bandage in comfortable material with seamless edges. Adjustable fit and compression. Airy and cooling material for comfortable wear. Sizes S/M and L/XL.



The bandage can be easily trimmed around the cheeks, chin, and neck for optimum comfort and fit. It is also possible to cut openings in the product, such as holes for the ears. The length of the Velcro straps can be shortened.

Post op binders.

NordiCare has developed a range of post op binders to serve different needs of compression levels, fixation and stability. All binders are flexible as they can be worn both around abdomen and chest. Our girdles 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.



MIRABELLE. 31144

Post op bra.

FIGUR. 50202

Elastic binder.

Post op binders



VIRAx2. 50228. Elastic binder providing relief of wounds, efficient support and strong compression after surgery. Two strap closure for optimum fit and adjustable compression.
Level of compression: strong.
Height 25 cm. Sizes XS-XL.



VIRAx3. 50227. Elastic binder providing relief of wounds, efficient support and strong compression after surgery. Three strap closure for optimum fit and adjustable compression.
Level of compression: strong.
Height 32 cm. Sizes XS-XL.



SANDRA. 31147
Post op bra.
VIRAx2. 50228
Elastic binder.

Post op binders



FIGUR. 50221, 50222, 50202, 50203. Elastic binder providing relief and efficient support for wounds and after surgery. The wide velcro adjustable front closure makes the product easy to put on and adjust to requested compression. Compression level: light. Available in heights: 16, 20, 25, 32 cm. Sizes XS-3XL.



FORM. 50209, 50204, 50205. Elastic binder providing relief and efficient support for wounds and after surgery. Adjustable velcro front closure makes the product easy to put on and adjust to requested compression. Compression level: medium. Available in heights: 15, 25, 30 cm. Sizes S-2XL.



ABDOCARE. 50225, 50226. 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. Compression level: medium. Available in heights: 23, 30 cm. Sizes 1-3.

Post op bras.

NordiCare's post op bra assortment includes several models made in sown and seamless knitted compression technique. Soft and comfortable, yet effective in support and compression, our bras are ideal to use after radiation therapy or when suffering with delicate scarred tissue. The majority of our bras comes with a pocket for breast forms or padding.



MIO. 50223
Breast band.
SANDRA. 31147
Post op bra.

Post op bras & breast bands



SANDRA. 31147. Seamless knitted compression bra. Adjustable shoulder straps, adjustable back hook-and-eye closure. Deeper neckline and comfortable wide shoulder straps. Sizes S-2XL in small cup (A-C) and S-2XL in large cup (D-F).



MIRABELLE. 31144. 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



VICTORIA. 31146. Optimum support bra. Rigid cups, adjustable shoulder straps, adjustable front hook-and-eye closure. Fully openable in shoulders and front for easy application. Sizes: 65 D-G, 70 A-G, 75 A-F, 80 A-E, 85 A-D, 90 A-C, 95 A-C.



MIO BREAST BAND. 50223. Breast band for positioning of breast implants. Velcro is attachable onto the entire surface, for easy adjustment of the compression. Height 7,5 cm. Universal size.

Post op bras



MIRABELLE QUEEN. 31145. Seamless knitted compression bra in extra large sizes. High back coverage, adjustable shoulder straps, adjustable front hook-and-eye closure. Fully openable in shoulders and front for easy application. Sizes 3XL-4XL.



KLARA. 31148. 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.



KLARA. 31148
Post op bra.



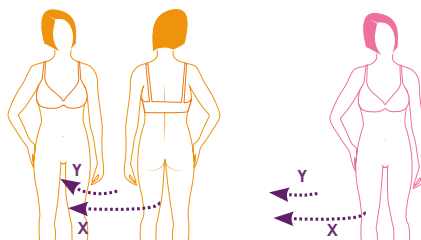
Fit and sizing.

NordiCare 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 packaging are clear and informative. Each product comes with an instruction for use indicating care instructions and descriptions on how to put on and adjust.

SIZES AND MEASUREMENTS POST OP BRAS & BREAST BANDS

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

Victoria

Band size		Cup size							
cm	UK			D	E	F	G		
65	30			D	E	F	G		
70	32	A	B	C	D	E	F	G	
75	34		A	B	C	D	E	F	
80	36			A	B	C	D	E	
85	38				A	B	C	D	
90	40					A	B	C	
95	42						A	B	C

Mio

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

Mirabelle

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

[illegible]

Sandra

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
	UK	30	32	34	36	38	40	42	44	46	48
Cup size	A	S (Cup A-C)		M (Cup A-C)		L (Cup A-C)		XL (Cup A-C)		2XL (Cup A-C)	
	B										
	C	S (Cup D-F)		M (Cup D-F)		L (Cup D-F)		XL (Cup D-F)		2XL (Cup D-F)	
	D										
	E										
	F										

Klara

Model	Size
Klara	S-2XL

[illegible]

SIZES AND MEASUREMENTS POST OP & COMPRESSION

How to measure compressions garments and binders

Measurement chest cm

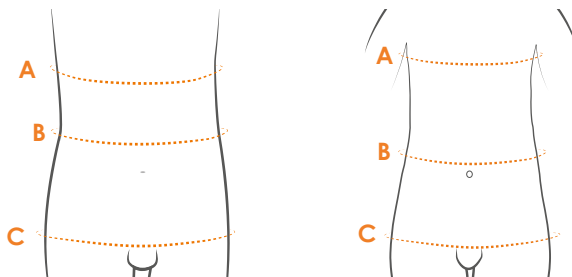
A Women: circumference under bust.
Men: circumference chest.

Measurement waist cm

B Measure around the thinnest part of the waist.

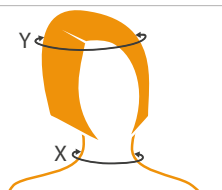
Measurement hip cm

C Stand with both feet together and measure circumference of the fullest part of the hip/thigh area.



Kim face bandage

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



Compression bodys and pants

Size	Waist	Hip
X Small	53-59 cm	79-84 cm
Small	60-66 cm	85-92 cm
Medium	67-74 cm	93-100 cm
Large	75-82 cm	101-108 cm
X Large	83-89 cm	109-114 cm
2X Large	90-100 cm	115-122 cm

Vilmer compression vest

Size	Chest	Waist
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

Freja briefs

Size	Waist
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

Form

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

Figur

Size	Hip*
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

AbdoCare

Size	Hip*
1	75-115 cm
2	110-155 cm
3	150-190 cm

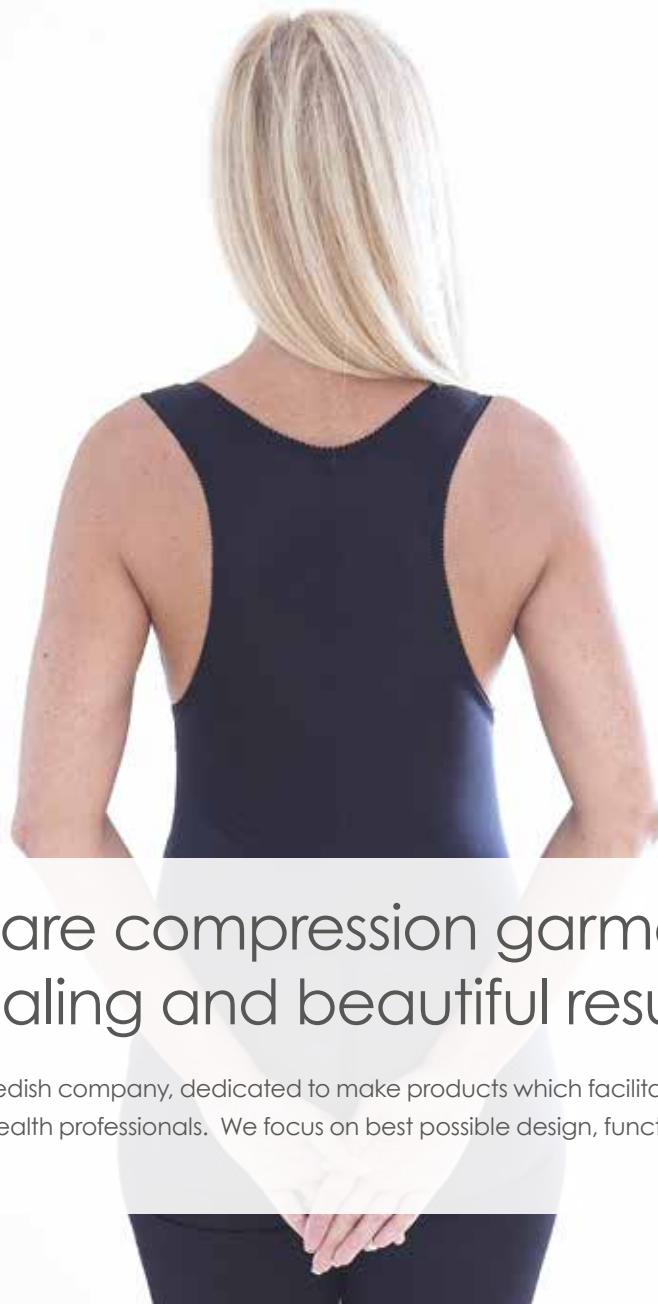
Vira

Size	Hip	Waist
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

* Measure circumference of the abdomen/
intended placement eg. chest.

** Only in black, 20 cm.

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



NordiCare compression garments. Fast healing and beautiful results.

NordiCare is a Swedish company, dedicated to make products which facilitate everyday life for patients and health professionals. We focus on best possible design, functionality and usability.



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