



Post-op & Compression

GARMENTS, BRAS & BINDERS

NordiCare[®] 

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



Male compression garments



Facial bandages



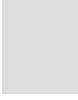
Post-op binders



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

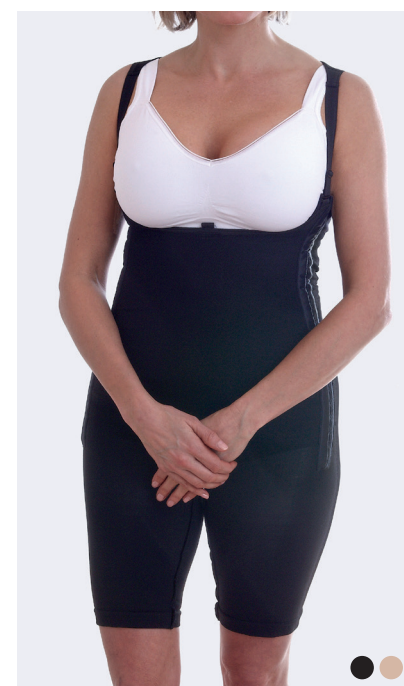


4-way stretch



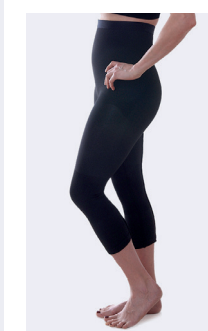
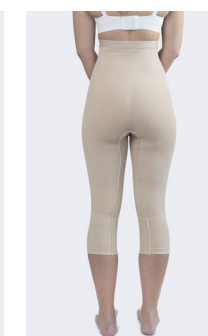
40-60°C washing

Alison,
compression body



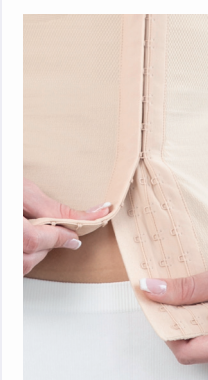
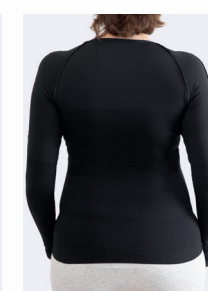
Alison

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.



Jill

Compression bolero 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.

Jill, compression bolero



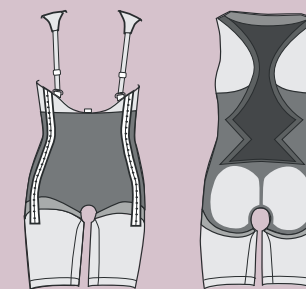
Smart products, smart design

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/or liposuction on the abdomen. Fully openable with hook and eye closure on both sides and crotch. Silicone waistband. Sizes XS-2XL. Art.no 51204.



Seamless compression

Each seamless knitted garment is designed to provide compression and support exactly where needed. By controlling compression in the operated area, the healing process advances faster and patient comfort is heightened. Each product is specially designed based on indication.



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

The knitted garments are all made in a seamless 4-way stretch. This makes them extremely comfortable to wear and they easily adjust to each individual body shape. The material allows small parts to be cut for drains or other facilities. The garments easily stay fresh and hygienic since they can be washed at home in high temperatures (40-60°C).

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.



Cindy

Compression bodysuit with high waist. Hook and eye closure for easy application and adjustable fit. Open crotch design and adjustable shoulder straps. Knitted shaped compression over buttocks and groins for optimal fit. Reinforced knitting over abdomen for extra support. Sizes XS-2XL. Art.no 51208.



Peggy

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

Cindy, bodysuit



Vilmer
Compression vest for men. 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. Art.no 51103.

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.

Vilmer, compression vest



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



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 (only in black), 25, 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.



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.





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.



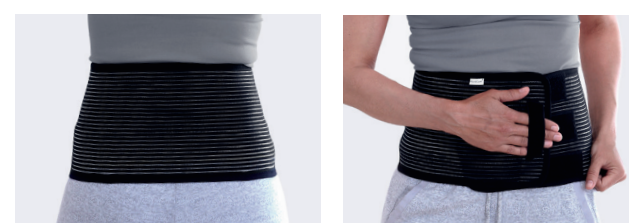
ViraX2

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.



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.



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, 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
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 3XL-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.



Sandra, compression bra

Mirabelle, compression bra

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 D-G, 70-80 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

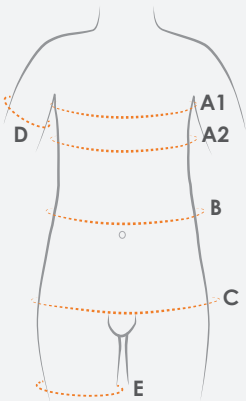
A. Chest: **A1**, men: circumference chest. **A2**, women: circumference under bust.

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

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

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

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



Knitted compression garments

Jill 51205, Alison 51203, Daisy 51204, 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

Male compression garments

Vilmer 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

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

AbdoCare 50225-26, 50237		
Size	Available height	Circumference intended placement*
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

Figur 50202-03	
Size	Circumference intended 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

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

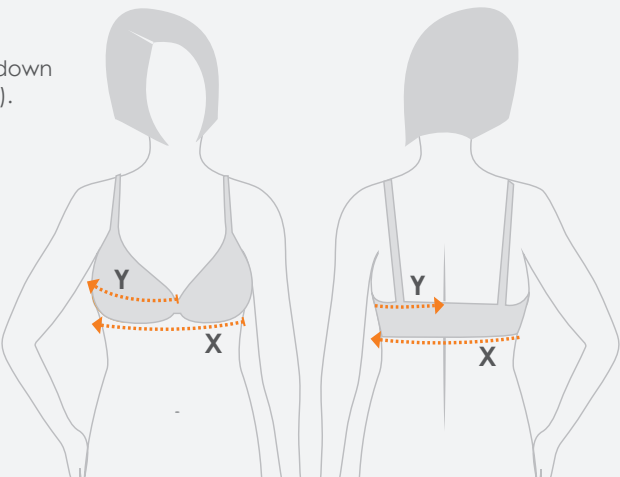
AbdoBas 50236 (XS-3XL), Smidig 50247 (XS-2XL)	
Size	Hip* (C)
X Small	60-75 cm
Small	70-85 cm
Medium	80-100 cm
Large	95-115 cm
X Large	110-125 cm
2X Large	120-135 cm
3X Large	135-145 cm

* Measure circumference of the intended placement eg. chest or hip.
** Only in black, 20 cm. *** Only in white, 16 & 25 cm.
**** Only in ViraX2.

How to measure cup size

- 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).
- 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**.
- 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)	2XL (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		2XL	
	C											
	D											
	E											

Felicia 31151										
Band size		Cup size								
cm	inch			F	G					
65	26									
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	D	E	F	G					
70	28		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®

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