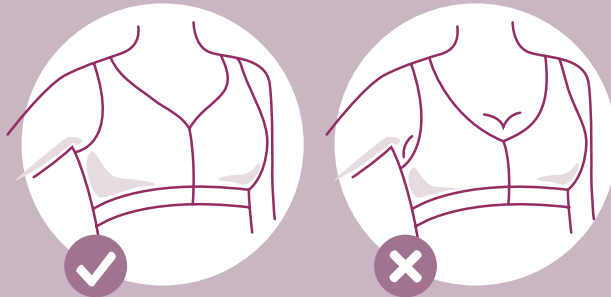


## Correct and incorrect bra fitting

To get the intended result from the bra, it has to fit you. Below is shown the correct fit of our bras versus incorrect.

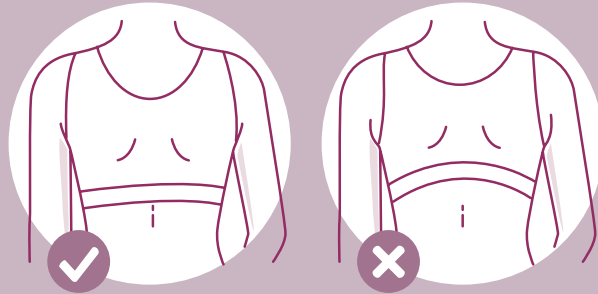
### Front of the bra:

Your breasts must be completely contained in the cup and not spilling over the top or sides of the bra. If you have large breasts and it feels like the bra does not contain the breast, we recommend you to try a larger size or another Carefix model.



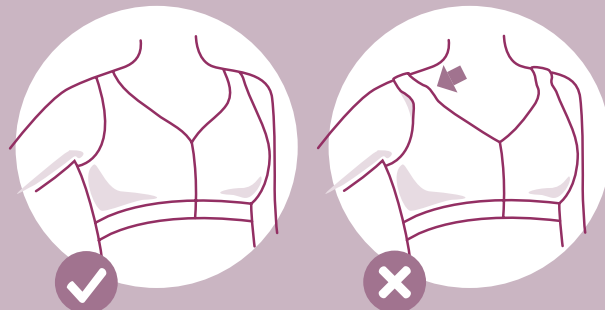
### Back of the bra:

The rib band of the bra must sit horizontally below the shoulder blades.



### Straps:

The straps must stay in place and not keep falling off or dig into your shoulders. Adjust the straps to a comfortable length, where the bust is lifted, and the back of the bra is below your shoulder blades (see above).



Carefix Bra Size Guide-02-EN-0116

# Size. guide

HOW YOU FIND  
THE RIGHT SIZE  
FOR POST-OP BRAS



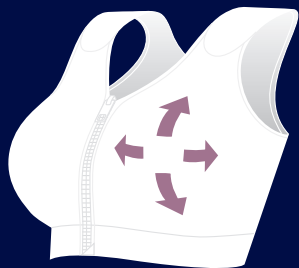
# The right size is important

The seamless Carefix post-surgical bras provide support and compression to reduce wound swelling and minimize the accumulation of blood and fluid. It promotes the healing process and balances the surgical result with comfort for the users. To retrieve the full benefit of the bra, it is important that the right size and model are selected.

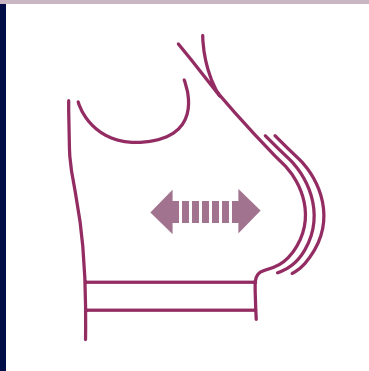
## Designed to cover all sizes

The 4-way stretch material of the Carefix bras will ensure optimum support, comfort and fit throughout the entire post-op recovery. The 4-way stretch material provides superior expansion and contraction ability, enabling the bra to fit multiple sizes. This is not the case with bras made of a

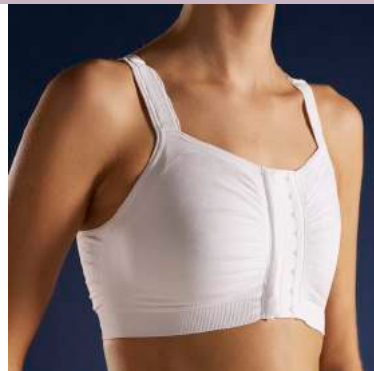
more numb (non-expansive) material. If the surgical site is swollen the bra will expand accordingly, and when the swelling subsides, the material will contract and the bra will once again fit the size of the breast optimally. This leaves the compression level intact and ensures high comfort for the patient.



4-way stretch in the cup area.



Due to the flexibility of the knitted material, the bra will expand and contract in all directions according to changing breast size, always ensuring optimum comfort and compression.



In case of a single breast operation, the more-sizes coverage is a great advantage, as the bra will still provide support and compression on the operated breast.

# Find the right size

Use the size guide below to find the right size\*

- 1 Measure around your body, just under your breast (Band Size)
- 2 Measure around your body, at the fullest part of the breast (Bust Size)
- 3 The difference between the Band Size and the Bust Size shows your Cup Size, example:  
 $\text{Cm } 95 - 80 = 15 \text{ cm, i.e. Cup B}$   
 $\text{In } 38 - 32 = 6 \text{ in, i.e. Cup B}$   
 $10 - 12 \text{ cm} / 4.0 - 4.7 \text{ in} = \text{Cup AA}$   
 $12 - 14 \text{ cm} / 4.7 - 5.5 \text{ in} = \text{Cup A}$   
 $14 - 16 \text{ cm} / 5.5 - 6.3 \text{ in} = \text{Cup B}$   
 $16 - 18 \text{ cm} / 6.3 - 7.1 \text{ in} = \text{Cup C}$   
 $18 - 20 \text{ cm} / 7.1 - 7.9 \text{ in} = \text{Cup D}$   
 $20 - 22 \text{ cm} / 7.9 - 8.7 \text{ in} = \text{Cup E}$   
 $22 - 24 \text{ cm} / 8.7 - 9.4 \text{ in} = \text{Cup F}$
- 4 To find your bra size, use the Band Size and the Cup Size. If your Band Size is 80 cm/32 in and your Cup Size is B, use the Carefix size chart to find the corresponding size (size M in the chart below).



Band Size	EU	70 cm	75 cm	80 cm	85 cm	90 cm	95 cm	100 cm	105 cm	110 cm	115 cm
	US/UK	28 inch	30 inch	32 inch	34 inch	36 inch	38 inch	40 inch	42 inch	44 inch	46 inch
Cup Size	AA										
	A		S								
	B										
	C										
	D		M		L		XL		2XL		3XL
	E										
F											4XL

## \* NOTE

Due to possible post surgical swelling and edema, you will most likely need to go 1-2 sizes up compared to your normal bra size. For more compression go down one size and for less compression go up one size. Important! Always measure yourself to find the right size!