Measuring Yourself for Your Compression Garment

You wear a compression garment for six weeks after surgery. A garment that is too loose does not work; one that is too tight is uncomfortable and can affect healing. These steps help you get the measurements right the first time.

> Dr Kumar's team will tell you which measurements your garment needs. You only need to complete those.

Before you start

- ☐ Use a soft tape measure in centimetres (not a builder's tape)
- ☐ Ask someone to help; measurements taken on yourself are often wrong
- ☐ Measure over bare skin or thin underwear, standing straight with your arms relaxed by your sides
- ☐ Keep the tape level all the way around and snug against the skin, without pulling it tight or squashing the skin
- ☐ Breathe out normally before reading the tape
- ☐ Measure each point twice. If the two readings differ by more than 1 cm, measure a third time

Where to measure

Measurement	Where	First (cm)	Second (cm)
Height and weight	Without shoes		
Chest	Around the fullest part of the chest, under the arms		
Under the bust	Directly under the breasts, where a bra band sits		
Waist	The narrowest part of the waist, usually just above the belly button		
Abdomen	The widest part of the abdomen, usually at or below the belly button. Lift any overhanging skin so the tape sits level		
Hips	The widest part of the buttocks, with your feet together		
Upper thigh	Right at the top of the thigh, just below the buttock crease		
Mid-thigh	Halfway between the groin and the knee		
Above the knee	Just above the kneecap		
Upper arm	The widest part of the upper arm, arm relaxed by your side		
Forearm	The widest part of the forearm		
Wrist	Just above the wrist bone		

Common mistakes

- Measuring over clothes, or with the tape sloping up at the back
- Pulling the tape tight, which gives a garment that is too small
- Measuring the abdomen under the overhang instead of across the widest point
- Writing inches instead of centimetres

> Send your measurements to Dr Kumar's team with your name and date of surgery, by email to info@drkumar.com.au. If you are unsure about any point, call 1300 267 726 before ordering.