

WHY WEAR A COMPRESSION GARMENT?

A medical compression garment can assist in the body's healing process and improve procedure results, postoperatively. However, accurate compression and patient compliance in wearing a medical compression garment can affect the outcome. For the most part, patients who comply with their doctor's recommendation to wear a compression garment have reported a greater sense of overall satisfaction associated with their procedure results. Additionally, greater procedure satisfaction has been linked to patients who reported 100% compliance versus patients who wore a compression garment less than the recommended time. Patient compliance has been directly linked to selecting a garment that properly fits a patient's body, is designed for good hygiene, and is attractive and comfortable while providing accurate compression.

BENEFITS:

The benefits of proper compression on the subdermal layers can reduce the risk of seromas, lymphedema, hematomas, and skin unevenness.

- reduces fluid build-up in subdermal surgical lipectomy area
- increases blood circulation
- promotes proper skin adhesion to newly contoured areas
- Holds surgical dressings in place until removed

Alternately, an ill fitting or ill designed compression garment may cause increased risk of seromas, lymphedema, lumpy or uneven skin composition, exaggerated or red scars, or necrosis.

The purpose of Compression Garments and Surgical Bras

After getting almost any cosmetic procedure, part of the doctor recommended healing process is to **wear compression garments**. This type of clothing is essential for blood circulation, reduction of swelling, ridding the body of harmful fluids, and accelerating the healing process. In addition, it promotes the even healing of your skin, helps skin adapt to its new form, and speeds up your return to your daily routine. The majority of this recovery attire has the seams on the outside along with zippers and such to prevent indentations in the sensitive skin. **Compression Garments** are an important element of the healing process for numerous cosmetic surgeries including **breast procedures**, **liposuction** and lifts of any kind. Browse through our selection of **compression garments** today, by clicking on the above links, to find the correct item to aid in your **plastic surgery recovery**. If you have any medical questions, it is always best to consult your doctor first.

Finding a Compression Girdle

One particular form of recovery clothing is a **Compression Girdle**. These **compression garments** are specially designed for **tummy tucks (abdominoplasty)**, **abdominal liposuction**, **flanks liposuction**, and **buttocks liposuction**. Coverage includes **abdominal area**, **high back**, **thigh area**, **above knee**, **below knee**, and **ankle length**. The benefits of wearing a compression girdle include:

- minimized swelling after the procedure
- improved blood circulation
- accelerated healing process
- flushes the body of potentially harmful fluids
- helps skin fit better to its new contours and shapes
- allows the patient to return to daily routines sooner

Remember, when deciding to go through with a **cosmetic surgery** of any kind it is important to gather as much information as possible about the effects, risks, and recovery considerations. This clothing is simply one way to increase the benefits of your results. To find out what we have to offer you, browse through the links at the top of this page.

Stages of Compression Garments

First Stage Compression Garments: Stage one **compression garments** are designed with eye hooks and zippers to minimize friction and ease pulling against tender skin and incisions. Most physicians recommend that you wear them 24 hours a day.

Examples: **Tummy Tuck Garments**, **Abdominal Binders**, **Liposuction Girdles**, **Compression Sleeves**, and **Surgical Bras**

Second Stage Compression Garments apply lighter compression after leaving the first stage compression garments. These garments continue the healing process while allowing the patient to pursue their active lifestyle and daily routine. Second stage garments are to be worn under regular clothing but promote discretion.

Examples: **Waistnippers**, **Camisoles**, **Second Stage Girdles**

Why do I need two compression garments?

Because of the average length of time wearing a compression garment (4-6 weeks), it is a good idea to have at least a clean spare. You will always have a clean one to wear while washing the other.

<http://www.healingenhancements.com/CompressionGarments.htm>

1. Why are elastic compression garments worn after liposuction?

In the early days of liposuction, before the tumescent technique had been invented, elastic compression garments (specially designed girdles) were intended 1) to reduce bleeding immediately after surgery and 2) to reduce swelling the time that the body is healing. Tumescent liposuction has eliminated surgical bleeding. (See About Tumescent Liposuction).

With the tumescent technique, there is always a certain amount of blood-tinged anesthetic solution which remains beneath the skin where the fat has been suctioned. This blood-tinged fluid causes bruising and the post-operative swelling known as "osmotic-edema". With tumescent liposuction, the function of the compression garment depends on whether or not the surgeon closes incisions with stitches. With the modern "open-drainage" technique for post-liposuction care, the tiny incisions/adits are allowed to remain open (not closed with stitches), and the reason for using compression garments (need only be worn for a few days) is to encourage the rapid drainage of the residual blood-tinged tumescent anesthetic solution from beneath the skin. With "closed-drainage", the reason for using compression garments (which must be worn for several weeks) is to force the absorption of the blood-tinged anesthetic solution into the body's blood vessels.

2. What type of garment must be worn after surgery?

Most surgeons require that patients wear an elastic compression garment for a certain length of time after liposuction. Such garments are intended to provide continuous postoperative compression to areas treated by liposuction. Some garments are constructed from Lycra type cloth. Other garments are made from elastic cloth typical to that used for girdles. The garments are usually crotchless so that the patient can urinate and defecate without having to remove the garment.

3. How long must I wear a girdle (elastic compression garment) after surgery?

The length of time that a patient must wear an elastic compression garment depends on the type of aftercare technique preferred by the surgeon. If the surgeon closes the incisions with stitches then patients are typically instructed to wear a garment for 2 to 6 weeks. If the surgeon places stitches in the skin incisions, then the blood-tinged tumescent solution remains trapped beneath the skin causing prolonged bruising, swelling, and tenderness, which in turn requires the patient to wear an elastic compression garment for an extended length of time.

With the open drainage technique (skin incisions/adits are not closed with stitches) for post-liposuction care, an elastic compression garment is typically worn for an average of only 3 to 6 days. With "open-drainage" patients must wear compression garments for 24 hours beyond the time when all drainage has stopped. For example after tumescent liposuction of the outer thighs, if all drainage stops after 3 days, then the garments must be worn for 4 days.

http://www.liposuction.com/faqs/elastic_garments.php

