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MARENA COMFORTWEAR®:
LIKE SKIN. ONLY BETTER

Marena COMFORTWEAR Compression Garments

THE MARENA GROUP, INC.

A guide for style selection

2006



DETAILED SELECTION PROCESS INCLUDING:

- The common surgical procedures for which our garments are used
- Special features of each garment
- Any special exceptions



How do I choose my garment?

Step One: the type of surgery

- Female Body Procedures
- Male Body Procedures
- Unisex Procedures
- Breast procedures
- Patients who are having multiple body procedures done at the same time
- Facial Procedures
- Sports Line

Step Two: What are the body parts affected in the surgery?

Step Three: What are the surgeon's preferences?

Step Four: Troubleshooting sizing

Step Five: Purchasing Options

Troubleshooting Sizing (Q & A)

If anyone has questions, we are always available to help you with your decision in choosing a compression garment. We always strive to make our customers comfortable while in the recovery process. If you need to speak with a Marena Specialist about sizing, garment selection, etc., please contact us at:

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Troubleshooting Sizing (Q & A)

Q: *Is your patient in between sizes (i.e. medium in hips, large in waist, large in thighs)?*

A: *Always go with the largest size, in this case, a large. The garment will still provide compression in the smaller areas. It also depends on where the bulk of the surgery will be taking place. If the patient is having hip liposuction and measures M in the hips, XL in waist, and XL in thigh, we may suggest an large.*

Q: *What is my female patient is taller than 5'8" or my male patient is taller than 6'1"?*

A: *Our garments are designed for women 5'2" to 5'8" and men 6'1" or under. We suggest in these cases that you use two separate garments, such as a vest and a girdle instead of a body suit.*

Q: *What if my female patient needs a vest but has a very long torso?*

A: *Female patients can wear the men's vest if they have longer torsos. The MV is a universal garment.*

Q: *What if all of the patient's measurements are different from 2-3 sizes?*

A: *We suggest getting ordering a garment in the largest measurement of the patient, then having the garment altered by a tailor. Or there is the option of locating a custom garment specialist.*

Female Body Procedures

Liposuction in the abdomen area, buttock lifts, tummy tuck, legs (thigh, knee, calf liposuction)

Our recommendation: **LG (ladies' girdle)**

Depending on the extent of the surgery on the leg, you will choose the length of the girdle:

- The **LGA** is panty length, used only for surgeries above the leg
- The **LGS** is thigh-length, used for surgery on the upper half of the leg (above knee)
- The **LGS-SZ** is the LGS with zippers that extend through the leg so that the garment opens completely (easier access)
- The **LGM** is mid-calf length, used for surgery extending to the knee area
- The **LGL** is ankle length, useful for surgery on the calves

All of these garments come in **first and second stages. The first stage LG has a 3" elastic waist band. The second stage has a 2" elastic waist band, no zippers or hook-and-eye, and is useful for patients who are in the later part of the recovery period.*

** See page 4 for the low-waisted style of this garment*

** All of these garments have **open crotch**, except for the LGA, which has a hook-and-eye crotch*



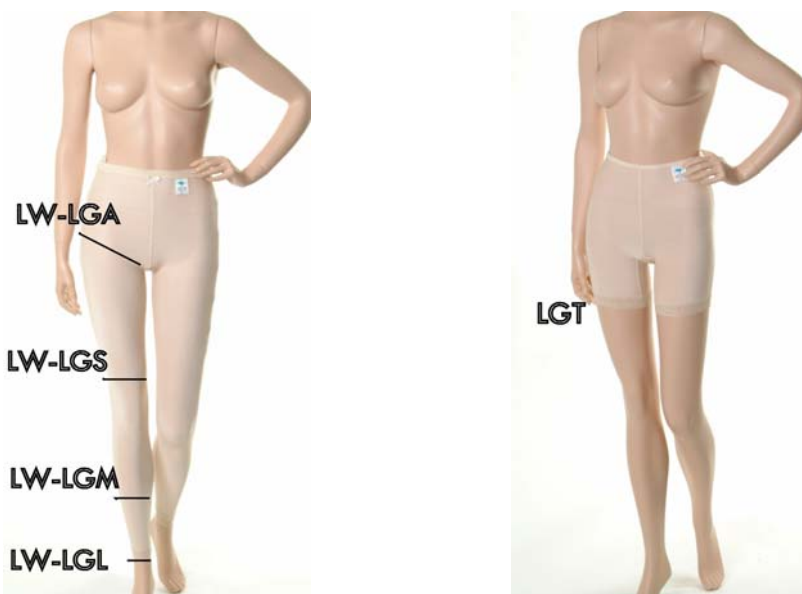
Female Body Procedures (cont'd)

Liposuction in the abdomen area, buttock lifts, tummy tuck, legs (thigh, knee, calf liposuction) (cont'd)

Our Recommendation: LW-LG (low-waisted girdle) or LGT (Ladies' girdle thigh-length)

Depending on the extent of the surgery on the leg, you will follow the guidelines for the LG on page 3.

- The **LW-LG** is available in first and second stages as well, both styles having a 1" elastic waist band and open crotch, with the exception of the LW-LGA, which has an open crotch
- The **LGT** is only available in the second stage, meaning it has no hook and eye or zippers. It also has a **closed crotch**. It has a very thin elastic band around the waist.



More Options for Garment Selection

- **COLORS**— Marena offers three different colors in our compression garments: Black, White, and Beige, depending on the style
- **SIZES**— Marena offers sizes 2XS-4XL in all of our garments. Please refer to our sizing charts online at www.marenagroup.com, or in our catalog for measurements. Marena Patient Measuring Tapes (PTMs) are FREE. Please contact Sara Follett to place an order for them.
- **PACKAGING OPTIONS**- Single garment, or kits (first stage and second stage of LG,FB, FBB, MB). Kits are a great option because they offer the patient two garments at a lower price. Note: you may not mix and match sizes or colors in kits.
- **PATIENT OPTIONS**— Marena has so many different styles to choose from, the options for the patient and surgeon are abundant.

Sports Line

Marena has developed a Sports Line particularly for patients who engage in physical activity during the later part of their recovery.

Based on the surgeon and patient's preferences, you will choose the style of the sports bra and sports pants:

- The **SB1** is a traditional racer-back sports bra. It is black with teal stitching and has a front zipper.
- The **SB2** crosses in the back. It is also black with teal stitching and has a front zipper.
- The **SB3** is a traditional racer-back sports bra in solid white or solid black with a front zipper.
- The **TS1** (tight shorts) are thigh-length and are available in black
- The **TC1** (tight capris) calf-length and are available in black



Female Body Procedures (cont'd)

Adbominoplasty, tummy tuck, liposuction, hip, thigh liposution, back lipo, knee and thigh liposuction

Our Recommendation: **FB** (female bodysuit)

The FB covers more area on the back than the LG. It also has suspenders to hold the garment. Depending on the extent of the surgery on the leg, you will choose the length of the body suit:

- The **FBA** is panty length, used only for surgeries above the leg
- The **FBS** is thigh-length, used for surgery on the upper half of the leg (above knee)
- The **FBM** is mid-calf length, used for surgery extending to the knee area
- The **FBL** is ankle length, useful for surgery on the calves

*All of these garments come in **first and second stages**. The second stage is useful for patients who are in the later part of the recovery period and do not need zippers or hook and eye.

*All of these garments have an **open crotch**, with the exception of the FBA, which has a hook and eye closing on the crotch.

* The FB is also available with an attached bra (the FBB). The FBB will be discussed on pg. 14 for patients having multiple surgeries



Male Body Procedures

Abdominal liposuction

Our Recommendations: **MG (male girdle)** or the **MTT (Male Tank Top)**

- The **MG** is only available in one length: brief style
- The **MTT** is similar to a vest but with no zippers or hook and eye. It covers more area on the upper half of the body.



Abdominal liposuction, augmentation, reconstruction and chest liposuction

Our Recommendation: **MV (male vest)**

Abdominal liposuction, augmentation, reconstruction and chest liposuction arm liposuction/lift

Our Recommendation: **MV/SS (male vest with short sleeves)**

- The **MV/SS** has sleeves that stop just above the elbow, useful for arm liposuction/lift



*We also recommend Binders for these types of surgeries, but will be discussing that

Facial Procedures (cont'd)

Browlift, lipoplasty of chin and neck, face lift, otoplasty, malar augmentation

Our Recommendation: **FM400 (band with three gel packs)**



***FM410** is also available (the band without the gel packs)

Browlift, lipoplasty of chin and neck, face lift, cheek liposuction, reconstructive head surgery, otoplasty, malar augmentation

Our Recommendation: **FM500 (full face coverage)**



Facial Procedures

Browlift, lipoplasty of chin and neck, face lift

Our Recommendation: **FM100, FM200, or FM300**

Depending on the preference of the surgeon, you will chose the style of face mask:

- The **FM100** has a neck strap
- The **FM200** has a full hood
- The **FM300** has a split hood



All styles available in three neck lengths

- “A” length Chin only
- “B” length Mid-neck/adam’s apple coverage
- “C” length Full neck length

Male Body Procedures (cont’d)

Lipoplasty, liposuction of the abdomen and flanks. Tummy tuck, hernia surgery, thigh and calf implant/liposuction (depending on length of leg), and upper arm surgery (depending on the length of the sleeves)

Our recommendation: **MB (male body suit)**

Depending on the extent of the surgery on the leg and arms, you will choose the length of the legs and sleeves:

- The **MB** is thigh-length, used for liposuction of the thigh and above
- The **MBL (Male Body Suit Long)** extends to just above the ankles, used for calf implants/liposuction and surgeries above
- The **MB/SS (Male Bodysuit with Short Sleeves)** has thigh-length legs and short sleeves (stopping just above the elbows), used for upper arm surgery

MB/SS



* The MB and the MBL are also available in second stage garments

Unisex Procedures

Arm Lift, arm liposuction,

Our Recommendation: *Sleeves (SS, SM, SL) or Arm Wrap (WA)*

Depending on the extent of the arm surgery, you will chose the length of the sleeve

- **SS**= Sleeve Short (stops just above elbow)
- **SM**= Sleeve Medium (stops just below elbow)
- **SL**= Sleeve Long (stops just above wrist)
- The **WA**= 48 hour arm wrap for arm lift and arm liposuction (in soft elastic)



Female patients having multiple surgeries (cont'd)

Female patients having multiple surgeries on their upper body:

Arm and Lift, Arm Liposuction, Arm lipoplasty, breast augmentation, reduction, masopexy, mamoplasty, upper back liposuction

Our Recommendation: *FV (Female Vest)*

Depending on the extent of the surgery on the arm and the preference of the surgeon, you will chose the length of the sleeves on the vest:

- The **FVNS** (female vest with no sleeves) is useful for patients who are not having any surgery on their arms, has front hook and eye opening, and Velcro closures at shoulders
- The **FVNSZ** (Female vest no sleeves with zipper) is useful for patients who are not having surgery on their arms and prefer a front zipper opening that extends all the way
- The **FVS** (Female vest with short sleeves) extends to just above the elbow and is useful for patients having surgery on the upper part of their arm
- The **FVM** (Female vest with medium-length sleeves) extends to half-way between the elbow and the wrist
- The **FVL** (Female vest with long sleeves) extends to the wrist



Female patients having multiple surgeries (cont'd)

Another option for female patients having multiple bodily surgeries is the **FTG (full torso girdle)**.

The **FTG** is useful for adbominoplasty, tummy tuck, liposuction, breast lift, breast augmentation, reconstruction, hip, thigh liposuction, and back lipo.

- The **FTG** has an open crotch
- It also has hook and eye front opening (no zippers)
- It has hook and eye adjustable shoulders
- It is only available in one length (as shown)



Unisex Procedures (cont'd)

Lipoplasty, liposuction of the abdomen and flanks. Tummy tuck, hernia surgery, back support

Our Recommendation: **Abdominal Binders**

Based on the length of the torso and the preference of the surgeon, you will chose the style of binder:

- The **AB3** has 9" of soft elastic panels with adjustable Velcro for short torsos
- The **AB4** has 12" of soft elastic panels with adjustable Velcro for long torsos
- The **AB3S3** has three separate 3" front adjustable panels of soft elastic with Velcro
- The **AB4S2** has two separate 6" front adjustable panels of soft elastic with Velcro for long torsos

AB3

AB4

AB3S3

AB4S2



* We also recommend the body suits for these types of procedures (FB, MB)

Unisex Procedures (cont'd)

Abdominal, thigh, and hip liposuction, buttock lift

Our Recommendation: The **WB** (48 Hour Body Wrap)

Thigh surgery

Our Recommendation: The **WL** (48 hour leg wrap)

Thigh, knee liposuction, calf implants

Our Recommendation: The **STK** (stockings)



Female patients having multiple surgeries

For female patients having multiple surgeries, or for those who simply want extra coverage in their compression garment, Marena has a few special garments that cover a large area of the body.

Adbominoplasty, tummy tuck, liposuction, breast lift, breast augmentation, reconstruction, hip, thigh liposution, back lipo

Our Recommendation: **FBB (Female Body Suit with Bra)**

- Follow the guidelines for choosing a length for the FB (page 4) based on the extent of the leg surgery; the FBB is available in panty length, short length, medium, and long
- The FBB is also available in the second stage (with out zippers or hook and eye)



* The FBB in the Second Stage

Breast Procedures (cont'd)

Reduction Mammoplasty, Mastopexy, Mastectomy

Our Recommendations: **BNV, BNVL**

Depending on the surgeon's preference, you will chose the style of the bra:

- The **BNV** has no drain loops, front Velcro closure, adjustable straps with Velcro, and lace at the bottom



- The **BNVL** has drain loops to avoid the use of pins, front Velcro closure, adjustable straps with Velcro, and lace at the bottom



This bra was specifically designed by and created for a nurse named Nazrin Vasiri from Sloan Kettering Hospital, who specializes in breast cancer patients, hence the name **BNVL*

Breast Procedures

Breast Lift or Breast Augmentation

Our Recommendations: **B (Bra), B2, or BA**

Depending on the surgeon's preference, you will chose the style of the bra:

- The **B** has a one inch elastic band, front hook and eye opening, and a two position hook and eye adjustment at the shoulder
- The **B2** has a two inch elastic band, front hook and eye opening, and a two position hook and eye adjustment at the shoulder
- The **BA** has a lace band, front and back hook and eye openings, and 6 position adjustment with straps at shoulder



B

B2

BA

** We also recommend female vests for these procedures. They will be discussed in the section for female patients having multiple surgeries*

Breast Procedures (cont'd)

Breast Augmentation only

Our Recommendations: **The B/ISB, the ISB, the ISB-X (implant stabilizer bands)**

Depending on the surgeon's preference, you will chose the style:

- The **B/ISB** is a bra with an implant stabilizer band connected that wraps around the front of the bra and a two inch elastic band below the bust line
- The **ISB** is simply the implant stabilizer band. It wraps around the front of the chest and has a Velcro adjuster. *It is available in one garment or a pack of 5 (ISB-05).*
- The **ISB-X** is the ISB with more versatility. It can be worn in 5 different styles



B/ISB



ISB



ISB-05

Breast Procedures (cont'd)

Breast Reduction

Our Recommendations: **BR, the BW/6, the BW/9**

Depending on the surgeon's preferences and cup size, you will chose the bra:

- The **BR** has larger cups size (up to D cups)
- The **BW/6** is a 6 inch elastic band with Velcro adjusters
- The **BW/9** is a 9 inch elastic band with Velcro adjusters



BR



BW/6



BW/9

A special type of breast reduction: **Tram Surgery**

Our Recommendation: **BTR (cut low under the arm)**

