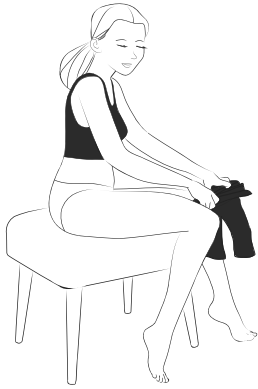
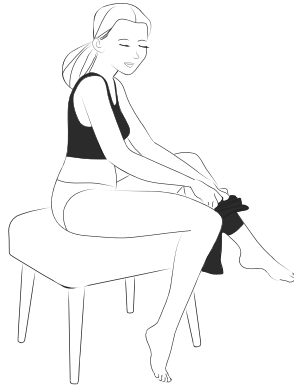




- 1** Sit while putting the garment on over your feet and legs.



- 2** Pull the garment over one foot and leg at a time.



- 3** Once on both legs, pull the garment up to your knees.



- 4** Pull the garment up to your waist and into the crotch.



- 5** Pull the top band up until it sits under your bra all the way round.

You will need some help when you first put this on after delivery.

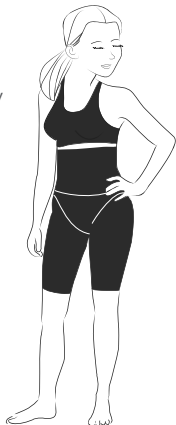
If you have had a C-section do not drag the garment over your wound. Lift the garment over the wound

If the top band elastic is tight, remove the garment and stretch the elastic over the back of a chair for 3-4 hours and then wash the garment before trying on again. This will soften the elastic.

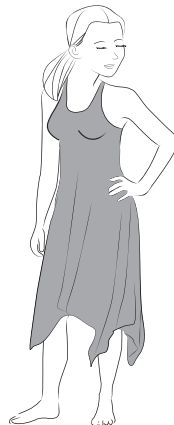


- 6** The garment should feel supportive but not restrictive. It does NOT need to be tight to work. Wear this garment to comfort in the early days post-delivery.

Once you feel fully comfortable in the garment, wear day and night for 8-12 weeks or longer, if your abdominal muscles have not fully healed.



- 6** Many women continue to wear their recovery shorts for exercise or for aesthetic reasons under fitted clothing.

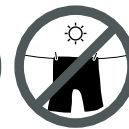


Care Instructions

[SRC Health Compression Garments]



Wash your garment in cold water with a small amount of detergent.



Line dry inside. Do not dry in the direct sunlight.



Do not use softeners or bleach.

Support for Life

*Wear & Care
Instructions*



ACTIVATE



PREGNANCY

Protection & prevention during Exercise

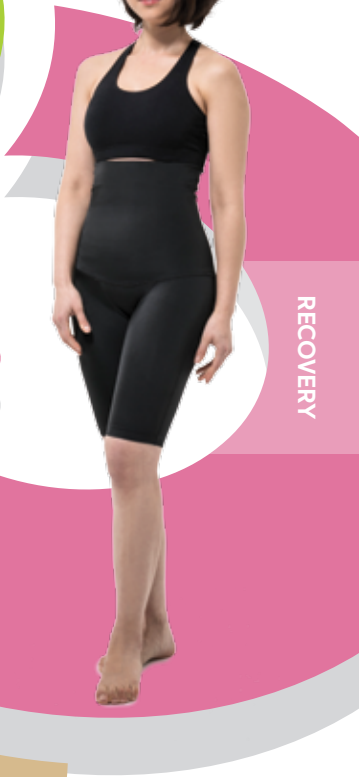
Pain relief & support during Pregnancy



Stylish Essentials for maternity & every day

ESSENTIALS

Faster Recovery after delivery



RECOVERY