

## Postpartum Sizing

Your design veronique support product should provide you with a feeling of comfort and stabilisation.

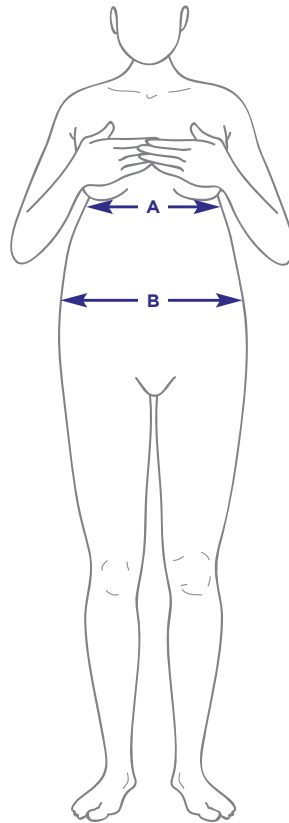
### For Proper Fit:

- Shoulder straps can be adjusted or removed according to your personal comfort and height.
- Bra cups self-adjust and expand to accommodate breast size fluctuations.
- Under bust stabilising band keeps bras and garments in position.
- Back hook and eye closures are adjustable to provide a personalised fit for your body.

### Measuring Instructions

To ensure a proper fit, please have someone else take your measurements and avoid wearing bulky clothes.

Your feet should be hip width apart and your arms relaxed at your sides. We recommend using a soft measuring tape. Hold the tape level and firmly, but do not allow it to 'dig' into your skin or clothing.



### Bras

Styles: MB400, MB410, MB420, MB430

SIZE	INCHES	CENTIMETRES
1	28 - 30	71 - 77
2	31 - 33	78 - 84
3	34 - 37	85 - 95
4	38 - 41	96 - 105
5	42 - 45	106 - 115

**(A) Under Bust:** Measure around the ribcage, directly under breasts. Bra cups self-adjust, no cup size needed.

### Body & Body with Bra

Styles: MG81CS, MG160B, MG160, MG161, MG161C

SIZE	INCHES	CENTIMETRES
1	27 - 29	68 - 74
2	30 - 32	75 - 82
3	33 - 35	83 - 90
4	36 - 39	91 - 99
5	40 - 43	100 - 110

**(B) Waist:** Measure around the smallest part of the waistline, at least 2 to 3 days after delivery.

## Selecting Your Postpartum Size While Pregnant

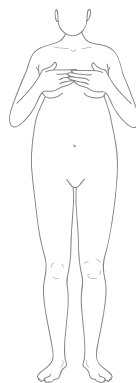
Anticipating your postpartum size during pregnancy can be a bit tricky, but we're here to help.

We developed our postpartum size recommendations by calculating a woman's Pre-pregnancy pant size with anticipated pregnancy weight gain, at full term.

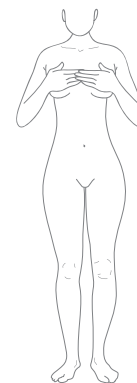
### Design Veronique® Garment Postpartum Size Chart

PRE-PREGNANCY PANT SIZE	PREGNANCY WEIGHT GAIN (13.5KG OR LESS)	PREGNANCY WEIGHT GAIN (13.5KG OR MORE)
4 - 6	1	2
8 - 10	2	3
10 - 12	3	4
12 - 14	4	5
14 - 16	5	

### We Recommend Purchasing Two Products



The first product offers immediate postpartum support. We recommend wearing your initial Garment 24 hours after the birth of your child.



A second, smaller size garment can be selected for body contouring and increased Abdominal wall support during the secondary stage of postpartum recovery, starting at Approximately 6 to 8 weeks after delivery.