



THE INSTITUTE FOR
ADVANCED BREAST RECONSTRUCTION

For any NON-URGENT questions, please contact: iabrmedical@gmail.com or
Office Number: (818) 336-1295.
Business Hours: 8:00am-4:00pm Monday-Friday

Garment and Compression Information:

* In all cases, the hospital will provide the necessary bra and compression garments right after surgery, but sizing and quality may vary. We recommend that all DIEP flap patients bring a binder and a bra to the hospital. All other flap types can get properly fitted for a Faja when drains are out. All revision patients do not need to bring any garments to the hospital, but please refer to the details found below on collecting the correct garments for recovery at the right time, based on what you are having done. *

Compressions

Any flap or fat grafting patients WILL need compression garments. If having fat grafting done, depending on where the fat comes from, will depend on which garment you will need.

You will need two different compressions, one for right after surgery with drains in place and another after drains have been removed.

While Drains are in Place:

Drains will come out anywhere between 1-3 weeks post op.

DIEP FLAP PATIENTS / FAT GRAFTING FROM BELLY

You will need a binder after surgery with drains in place.(only one is necessary). **Please bring with you to the hospital.**

-Faja style is not ok until after drains are removed - DO NOT MEASURE TOO EARLY AS MEASUREMENTS CAN CHANGE AFTER SURGERY.

Examples of Binders we recommend:

- The Belly Binder: 3-in-1 Abdominal Compression is our preferred abdominal compression garment from The Brobe. This compression is great for post-surgery recovery from procedures such as DIEP Flaps or having Liposuction.
<https://thebrobe.com/collections/all-products/products/3-in-1-abdominal-binder>
- For our DIEP flap patients this garment is highly recommended.
[2 in 1 Postpartum Support Recovery Belly Wrap Waist/Pelvis Belt Body Shaper Postnatal Shapewear,One Size Black](#)

PAP FLAP PATIENTS / FAT GRAFTING FROM THIGHS/BUTTOCK (Drains In Place)

While drains are in place, you will need to use ACE wraps for your legs. You cannot use a Faja style compression until drains are removed.

Example of ACE Wraps:

- Can be found on amazon:
https://www.amazon.com/ACE-Self-Adhering-Elastic-Bandage-Inches/dp/B002UL9XKA/ref=sr_1_19?crd=1MLP9YWRF4AW6&keywords=ace+wraps+for+legs&qid=1677704658&srefix=ace+wraps+for+legs%2Caps%2C164&sr=8-19

REVISION PATIENTS (Drains In Place)

Dr. Srinivasa prefers a waist trainer type compression over spanx. You will also need a Faja style compression as well. You can switch between the two styles or wear one over the other. Faja style should **NOT** be worn with drains in place.

Please Note: **It is unlikely Dr. Srinivasa will use drains during any revision cases, but it is possible. Please make sure to ask her prior to your surgery.**

Here is an example of one we recommend:

- Can be found on Amazon:
https://www.amazon.com/Postpartum-Partum-Support-Section-Recovery/dp/B07T8H2MPY/ref=sr_1_2_ssp_a?crd=3MESGYPOQYC46&keywords=postpartum+belly+band&qid=1673647540&srefix=postpartum+belly+band+%2Caps%2C156&sr=8-2-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUFSOVBEOURZWIXME8mZW5jcnlwdGVkSWQ9QTAWNjM0ODgxR08wT09LMDQyR0FZJmVuY3J5cHRIZEFkSWQ9QTEwMDQ3MTYxRzQ5SlpOTkNWWU1CJndpZGdldE5hbWU9c3BfYXRmJmFjdGlvb11jbGlja1JIZGlyZWNOJmRvTm90TG9nQ2xpY2s9dHJ1ZQ==

After Drains are Removed:

Drains will come out anywhere between 1-3 weeks post op.

ALL PATIENTS (Flaps & Revisions)

Once drains are removed, patient's can switch to a Faja or Girdle style compression. We highly recommend getting properly fitted and measured if you are choosing a Faja style compression.

Do not measure before surgery or drains are removed as measurements can change.

Tina Tsan is a lymphatic massage specialist who can assist with getting properly measured.

Here is her contact info:

Phone: (818) 378-4791

Email: t_tsan07@yahoo.com

Examples of Faja and Girdle Style Compressions we recommend:

- Design Veronique is our recommended surgical compression manufacturer Zippered TRAM Flap Girdle" is our preferred garment for post DIEP Flap Breast Reconstruction
<https://www.designveronique.com/post-surgical/originalgirdles/zippered-tram-flap-girdle>
- A Faja style garment - can be found on Amazon:
https://www.amazon.com/Sonryse-Compression-Liposuction-Colombianas-Moldeadoras/dp/B07FWSFN67?ref_=ast_sto_dp&th=1&psc=1

Bras

Any bra is fine as long as it has NO underwire, front closure, and is either not too tight or too loose. We have listed our recommendations below, but you are welcome to purchase whichever bra you would like.

We have samples in our office if you would like to see in-person.

This is our recommendation: (sample in office)

- We highly recommend Masthead Bras, more specifically the Elizabeth Bra as it can help hold drains:

https://mastheadpink.com/?gclid=CjwKCAjwk_WVBhBZEiwAUHQcmRc7WST9VQAm0GgHkm0-DUmpRUxWnl8foe06vbF8m7Jzyioqoj99fBoCDGwQAvD_BwE

Robe Recommendations

Not necessary, but can be helpful with recovery. Also helps hold drains. Sample can be found in our office.

- Website: (bundles offered)
https://thebrobe.com/?gclid=CjwKCAjwk_WVBhBZEiwAUHQcmR_oyY8l11fpb00i8X21LOdn-dj1Zpqqiowjyr0AdBEr4QqfQD-BoCoJgQAvD_BwE
- Robe Recommended: (sample in office)
Dr. Srinivasa's Discount Code for 15% off - Code: Srinivasa
<https://thebrobe.com/collections/all-products>

Additional Website Links

Binders

- <https://marena.com/collections/womens-post-surgical-binders>
- https://www.amazon.com/ChongErfei-Postpartum-Recovery-Postnatal-Shapewear/dp/B01EVH6WQS/ref=sr_1_16?crd=1TWMH5XE7V198&keywords=post+surgery+binders&qid=1680196818&srefix=post+surgery+binder%2Caps%2C174&sr=8-16

Girdles

- <https://marena.com/collections/womens-post-surgical-girdles>

Fajas

- Recommended by Tina Tsan:
https://marena.com/products/lgm-compression-girdle?_pos=8&_sid=37da61d78&_ss=r

If you have any questions, please email: iabrmedical@gmail.com or please call our

Office Number: (818) 336-1295

Additional information about surgery, photos, and educational videos can be found on Dr. Srinivasa's instagram page, [@drdhivysrinivasa](#) and Dr. Srinivasa's website, Theiabr.com Please reach out if we can be of assistance in any way.