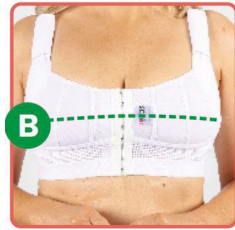


How to measure (INCHES)

Take two measurements in a **sitting** position



- 1) Measurement **A** (in inches): exhale (stomach out) and measure under bust approximately two inches under breast crease
- 2) Measurement **B** (in inches): circumference over bust
- 3) The **BAND SIZE** is Measurement **A** (inches)
- 4) The **CUP SIZE** is the difference between Measurement **B** minus Measurement **A** in inches, converted to cup.
1 inch = 1 cup size

1" difference	A cup
2" difference	B cup
3" difference	C cup
4" difference	D cup
5" difference	DD cup
6" difference	E cup
7" difference	F cup
8" difference	FF cup
9" difference	G cup
10" difference	GG cup
11" difference	H cup

NB: Sister Sizes are one band above and a cup below (e.g. sister size of 38C is 40B)

Acknowledgements to Rochon M, Gibb D, Mullins C, Soler Castells AM, Gott N, Neville A, Morais C, Viana J, Ashpole H, Jakeman A and Bahrami, T (2017) Quality Improvement: chest support to aid recovery following median sternotomy in female cardiac patients. Wounds UK 13 (2): 50-57

How to order:

Hospital orders via phone: **0116 262 4333** or email: ctbra@cuiwear.com
Direct purchase via: **0800 279 2050** or www.bhisbra.co.uk



BHIS™ Post-operative Cardiothoracic Support Bra

The BHIS™ Bra has been shown to provide support and comfort following cardiothoracic surgery. It has been designed in the UK by clinical experts in cardiothoracic surgery and surgical site infection prevention.



As well as providing comfort and support after cardiothoracic surgery, the BHIS™ Bra allows easy access to assess and dress the wound.

Key features

- Side panels to reduce pressure on the wound
- Removable and adjustable straps for comfort and access to the wound
- Breathable panels to reduce moisture build up
- Two-way stretch to accommodate fluid weight gain associated with cardiac surgery
- Front opening for wound assessment and wound dressing
- Triple hook and eye fastening with the option to leave lower hooks undone to avoid pressure on the lower wound
- Seams and labels on the outside of the bra to protect the skin and give more comfort
- Band suitable for use with the majority of chest drains
- Designed to give side support as opposed to a conventional bra which focuses on uplift
- Suitable for day and night wear
- Full standard size range, 30A – 56H



Side panels



Adjustable straps



Breathable panels



Front opening

Who is the bra for?

The BHIS™ Bra is suitable for patients who need a midline chest incision for heart surgery.

Patients who need new implant devices after surgery (e.g. pacemaker) can also use the product but the shoulder strap on the affected side should be left unfastened so it is not resting on the implant wound.

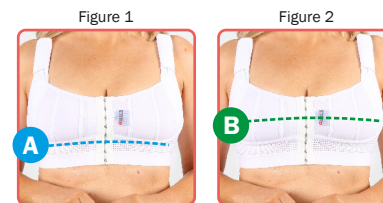
Caution

DO NOT use in cases of delayed wound closure (chest stented), chemotherapy, breast surgery or extremely fragile skin. Seek medical advice if unsure.

How to measure and check fit

Before the operation, take two measurements in a sitting position wearing a regular bra. Measurement **A** (fig 1) exhale (stomach out) and measure under bust approximately two inches under breast crease, **B** (fig 2) measure circumference over bust.

Cup size equals: **B** (over bust measurement) minus **A** (rib/under bust measurement) resulting in your order size.



Example:

Measurement A = 38" Measurement B = 44"
Calculate (B) 44" minus (A) 38" = 6" difference
(left column on measuring chart)
Bra Size = 38E

To check fit:

Ensure two fingers can be comfortably placed under:

- 1 the band/under the front fasteners (i.e. over wound)
- 2 under the armpits
- 3 under the top of the shoulder strap.



Check the fit daily. If it becomes too tight, seek medical advice. Do not wear a poorly fitting bra as this risks damaging the wound.



Washable fabric (non-latex)