

Wearing Your Abdominal Support Binder (Tubigrip)

Your physiotherapist has given you a soft abdominal support called Tubigrip. Many women find these comfortable to wear from 24-48 hours after the birth of their baby. Abdominal supports are used in conjunction with abdominal exercises to help assist in the natural 'recoil' of the abdominal muscles and connective tissue. They also help with your posture and support your spine. It is generally safe to wear after both vaginal delivery and caesarean section.

How long do I wear it for?

If you have had your abdominal separation checked on the ward and it is over 3cm, we recommend that you wear it for at least 8 hours a day, for 4-6 weeks. If your separation is less than 3cm, there is no minimal time you must wear it for. Be guided by your comfort, or wear it to support your spine if you feel discomfort in the pelvis, lower back or mid back.

How should it feel?

Wearing the Tubigrip should feel comfortably firm, but not overly tight. If you feel nauseous or have abdominal pain shortly after putting it on, it is too tight for you. Take off the tubigrip and try wearing it again after another 24 hours.

How do I care for it?

You can wash the Tubigrip binder on the delicate cycle in your washing machine, on low spin. Hang it out to dry pulled out to it's full length. We do not recommend putting it in the tumble dryer.

How do I put it on?

The Tubigrip is worn as a double layer (one long piece folded in the middle and doubled back on itself)



A



B



C

- A. Sit down and step into the Tubigrip like stepping into a miniskirt.
- B. Once both feet are through, stand up and pull the Tubigrip gently up towards your abdomen
- C. The Tubigrip should sit roughly from your bra strap level down to the widest part of your hips. It is meant to extend over the stitches if you have had a Caesarean Section. The tubigrip should sit over your underwear, but under your clothing.

(Image shown with tubigrip over clothes for demonstration only)