

Maternity Compression Sizing



Pregnancy Back Brace

SIZE	PRE-PREGNANCY PANT SIZE	UNDER BELLY MEASUREMENT
XS	00 - 0	24 - 32"
S	2 - 4	33 - 40"
M	6 - 12	41 - 48"
L	14 - 18	49 - 52"
XL	20 - 26	53 - 62"



Postpartum Recovery Garment

SIZE	PRE-PREGNANCY PANT SIZE	WAIST	HIPS
XS	00 - 2	24 - 26"	34 - 36"
S	4 - 6	27 - 29"	37 - 39"
M	8 - 10	30 - 32"	40 - 42"
L	12 - 14	33 - 36"	43 - 45"
XL	16 - 18	37 - 39"	46 - 49"
2XL	20 - 22	40 - 44"	50 - 54"



Compression Socks

SIZE	ANKLE	CALF
S	6.5 - 8.5" (17 - 22 cm)	11 - 16.5" (21 - 41 cm)
M	8 - 10" (21 - 26 cm)	12 - 17.5" (31 - 45 cm)
L	9 - 11.5" (23 - 29 cm)	13 - 19" (33 - 49 cm)
XL	11 - 15" (28 - 38 cm)	17 - 23" (43 - 58 cm)



Care Instructions: Machine wash extra gentle. Separate washing. Do not tumble dry. Do not iron. Do not bleach. Do not dry clean.