

Dr. Peter Bray – Certified Plastic Surgeon, MD, MSc, FRCS (C)
Phone: (416) 323-1330 | Fax: (416) 323 – 9397 | info@drbrayplasticsurgery.com | www.drbray.ca
66 Avenue Rd., Upper level, Toronto, ON M5R 3N8

 @drbrayplasticsurgery

Garment Wear Instructions

Week 1 – 3

Wear your garment full time 22-24 hours a day. You are allowed to have it off for a maximum of 2 hours a day to shower or launder garment.

Week 3 – 6

Wear your garment half time 12 hours a day. This can be done day or night, whichever works for you and your lifestyle. Must be worn for 12 consecutive hours.

Beyond Week 6

Wear your garment as needed. Example: after a long day and your body feels tired or it feels comforting to wear.

Washing Instructions

Machine or hand wash in cold water.

Do not use hot or warm water.

Do not use bleach.

Can put in dryer for a maximum of 5 minutes; take it out and let it cool, then repeat.

Garment can be put on if damp and your body heat will dry it.

If you have any questions, please contact our office between the hours of 9 - 5pm at 416-323-1330

If you are a Windsor Patient, please contact the Windsor/Tecumseh office at 519-727-1010

You will be provided with an after-hours/holiday/emergency contact information approaching your surgery date.