

# B-Series Girdles

## Size Chart & Measuring Instructions

This size chart is intended for use with the following styles: B85, B165, B853, B1653, B855, B1655, BA85, BA853, BA855, B850TCP.

**Your Design Veronique® B-Series garment size is based upon your waist, lower hip, and upper Bicep measurements.** Keep in mind that compression garments are designed for a snug fit. Optimal compression and support require accurate measurements. To accommodate dressings or excessive swelling, you may prefer a larger size.

### MEASURING INSTRUCTIONS:

To ensure a proper fit, please have someone else take your measurements and avoid wearing bulky clothes. Your feet should be hip width apart and your arms relaxed at your sides. We recommend using a cloth measuring tape. Hold the tape level and firmly, but do not allow it to “dig” into your skin or clothing.

**Waist:** Measure around the narrowest part of the waistline, around or above the navel.

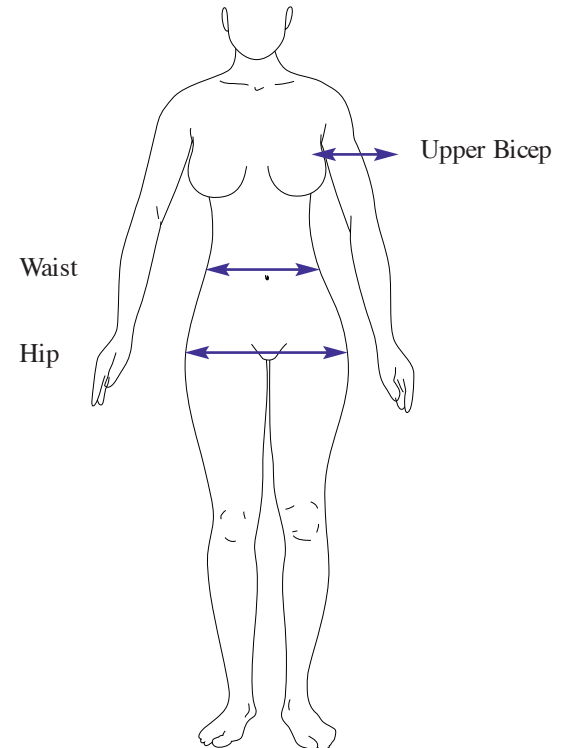
**Hip:** Measure around the fullest part of the hips, keeping the tape measure parallel to the floor.

**Upper Bicep:** You will need assistance to take this measurement. With arms relaxed at your sides, measure the fullest part of the upper arm, at or above the Bicep.

### *Measuring and fit tips...*

- Measure twice for accuracy.
- Remove shoes.
- When between sizes, choose larger size.
- Under bust measurement not relevant for girdles.
- Bicep measurements apply to styles with arms.

DESIGN VERONIQUE®



Match your waist, hip and bicep measurements to the chart below to find the appropriate size. If your measurements fall into different sizes, choose the larger size. For instance, your your waist is L (78 cm), hips are M (95 cm) and bicep is L (33 cm), choose size L.

Size (cm)	Waist	Hip	Biceps
XS	53 - 59	79 - 84	24 - 26
S	60 - 66	85 - 92	27 - 28
M	67 - 74	93 - 100	29 - 31
L	75 - 82	101 - 108	32 - 33
XL	83 - 89	109 - 114	34 - 36
XXL	90 - 100	115 - 122	37 - 39
3X	101 - 110	123 - 133	40 - 42
4X	111 - 120	134 - 142	43 - 46

### Web Links

[Design Veronique® Web Page](#)

[FAQ](#)

[Garment Care](#)

[Full Size Chart](#)