

Helping You to Recover After Heart Surgery

Chest Binders and Brassieres Information Sheet

To help you take care of your incision and allow it to heal, you should purchase one or more Chest Binders or front-closing Brassieres for to wear after surgery. A Chest Binder or front-closing Brassiere is recommended for all patients to provide support to your breastbone and prevent the separation of your incision by keeping breast or chest tissue secure during your recovery. Decreasing breast tissue movement can also decrease pain and discomfort you may have while healing.

This information is especially important for you if:

- ***You are a male that wears a jacket size that is Large (or larger) or with a Body Mass Index (BMI) of 35 or greater***
- ***You are a female of any breast size, especially if your brassiere cup size is B (or larger) or with a BMI of 35 or greater.***

Why should I wear a Chest Binder or front-closing Brassiere?

After heart surgery, taking care of your incision and allowing it to heal is important. Complications, like wound infections or separation of your breastbone, can increase your length of stay and can require you to be readmitted to hospital. One way to protect your incision is by wearing a Chest Binder or front-closing Brassiere.

How long do I have to wear a Chest Binder or front-closing Brassiere?

It is suggested that you begin wearing your Chest Binder or front-closing Brassiere while in hospital and continue to wear it every day, including while you are sleeping, usually for 6 weeks after surgery. Please ensure your garment is washed and dried regularly to keep it clean. You may also require assistance to put the garment on and to ensure it is as comfortable as possible. If you purchase a Chest Binder or front-closing Brassiere, it is recommended that you start wearing it in the Cardiovascular Intensive Care Unit (CVICU) or when you are transferred to the Cardiovascular (CV) Ward.

What Chest Binder or front-closing Brassiere is right for me?

Males - Chest Binder or also called an Abdominal Binder

Measure the circumference around the widest portion of your chest in inches and add 4 inches to this measurement to get your Chest Binder size. Look for items that are breathable, non-digging & cotton based.



Females – Front Closing Brassiere

Choose a wireless bra one size larger than your size, which closes in the front. Look for items that are also breathable and non-digging.



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Where can I purchase a Chest /Abdominal Binder or Brassiere?

Chest Binders and front-closing Brassieres can be purchased at a department store and Medical or Healthcare Supply stores. They can cost in the range of \$30.00 to \$162.00. Below is a list of stores in Edmonton that carry Chest Binders and Brassieres.

STORE	ADDRESS	PHONE	HOURS	PRICING
U of A Hospital Gift Shop	11220 – 83 Ave. Edm. AB. T6G-2B7		Mon – Fri 9:00-4:00 Closed Weekends & Holidays	Chest Binder \$50.00
Healthcare and Rehab Specialties Kingsway Professional Centre	10611 - Kingsway Ave Edm. AB. T5G-3C8	780-424-6094 1-800-232-9408	Mon. – Fri. 9:00-5:30 Sat. 10:00-3:00	Chest Binder \$60.00 Surgical Compression Vest \$162.00
Homecare & Surgical On Whyte	11044-82 Ave Edm. AB. T6G-0T2	780-439-6367	Mon. – Fri. 8:30-5:30 Sat. 9:00-4:00	Abdominal Binder \$60.00 Surgical Bras \$64.95
Strathcona Healthcare Binders only	9943-63 Ave Edm. AB. T6E-6C9	780-439-2011	Mon. – Fri. 8:00-5:00 Sat. 10:00-2:00	Chest Binder \$59.95
Aspen Healthcare St. Albert	11C - St. Anne Street St. Albert, AB. T8N-1E8	780-458-5349	Mon. – Fri. 8:00-6:00 Sat. 9:00-4:00	Chest Binder \$60 – \$120.00 Surgical Bras \$64.95
Aspen Healthcare Edmonton	11315 - Kingsway Ave. Edm. AB. T5G-0X3	780-452-4386 1-888-764-7043	Mon. – Fri. 8:30-5:00	Chest Binders \$65.00 Surgical Bras \$64.95
Gracefully Yours (Women Only)	6242-99 Street Edm. AB. T6G-0T2	780-439-9914	Mon. – Fri. 10:00-5:00 Sat. 10:00-2:00	Chest Binders \$26.00 Surgical Bras \$64.95

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Health Care Solutions Northgate Centre	9499-137 Ave Edm. AB. T5E-5R8	780-406-3500	Mon. – Fri. 8:30-6:00 Sat. 10:00-5:00	Chest Binders \$49.99-\$70.00 Surgical Bras \$115.00
Health Care Solutions 99th St. Business Centre	5405-99 St N.W. Edm. AB. T6E-3N8	780-434-3131	Mon. – Fri. 8:30-6:00 Sat. 10:00-05:00	Abdominal Binders \$49.99-\$59.99
Congdon's Aid to Daily Living	15830-100A Ave Edm. AB. T5P-0L8	780-483-1762	Mon. – Fri. 8:30-5:00	Chest Binders \$35.00-\$63.00 Surgical Bras \$99.00-\$108.00
Market Drugs Medical Binders only	10203-97 St N.W. Edm. AB. T5J-0L5	780-422-1397	Mon. – Fri. 8:30-5:00 Sat. 10:00-2:00	Chest Binders \$45.95-\$53.99