

## Measuring Instructions

To ensure a proper fit, please have someone else take your measurements and avoid wearing bulky clothes. Your feet should be 2-3" 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.

### Female Products

Bust:

For Boleros and vests styles, measure around the fullest part of the bust while wearing undergarments.

Under Bust Measurement:

Before surgery, measure around the chest, directly beneath the breasts using the diagram on the right as a guide. This is your under bust measurement and will be the measurement used to determine your Design Veronique® bra size. Select the size from the size chart which matches your under bust measurement.

Waist:

Measure around the narrowest part of the waistline around or above the navel.

Lower Hip:

Measure around the fullest part of the lower hip area, keep tape measure parallel to the floor.

Upper Bicep:

With arms relaxed at your sides, measure around the fullest part of the upper arm, at or above the bicep- you will need someone to take this measurement.

### Male Products

Chest:

With arms relaxed at sides, standing straight with feet shoulder width apart, measure the fullest part of the chest.

Waist:

Measure around the waist at the navel.

Lower Hip Area:

Measure around the fullest part of the lower hip area, keep tape measure parallel to the floor.

