

Product Name: Postnatal Belly Belt

Materials: 49% Nylon, 33% Polyester, 18% Rubber (Elastodiene)

Dimensions: Size S - 100 x 21cm

Size M - 115 x 21cm

Size L - 130 x 21cm

Colour: Grey

Product Description:

During pregnancy, your abdominal muscles separate to make room for your growing uterus. Belly binding after birth has been shown to help provide extra support while these muscles return to position. In some cases, it has even been shown to help reduce pain and discomfort during this recovery period. Haakaa's Postnatal Belly Belt contours to the curves of your body, comfortably strengthening your tender abdominal muscles and supporting your back for improved posture. Designed for day wear over your clothes, our belly belt applies firm, comfortable pressure on your abdomen to help reduce swelling, tighten your tummy, and keep all those wobbly bits in place. It easily adjusts to your changing postpartum body and is made from soft, breathable fabric with dual straps & smooth, sturdy edges for the ultimate in postpartum belly support. Available in three sizes, this belt is suitable for use after vaginal or C-section deliveries.

Features:

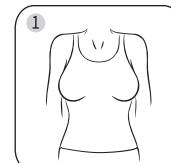
- Helps support and strengthen your postpartum body.
- Aims to reduce waist and back pain through improved posture.
- Suitable for vaginal and C-section birth recoveries.
- Stretchy belly belt adjusts to your changing postpartum body.
- Dual straps provide ultimate support.
- Soft, strong fabric stays snug and breathable.
- Conforms to the curves of your waist and hips for a secure fit.
- 3 sizes available to comfortably fit a variety of body shapes.
- Smooth, sturdy edges are gentle on skin without chafing.
- Convenient handles allow for easy readjustment.
- High-quality hook & loop tape holds its grip for a reliable fit each time.

Cleaning and Care:

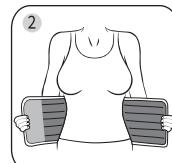
Clean this product regularly. Hand wash in warm water (below 30°C) and rinse thoroughly. Lie flat to dry. Do not forcefully scrub this product. Hard scourers may scratch the surface. Not suitable for chlorine, bleach, ironing, or dry cleaning. Do not machine wash or tumble dry. Methods of cleaning or use not listed in this manual may damage product. Store in a cool, dry place and avoid direct sunlight when not in use.

Caution:

- Always consult your medical professional prior to use.
- We do not recommend placing this product directly onto your skin. If you choose to do so, avoid wearing it for long periods of time to minimise the risk of chafing or discomfort.
- Do not wear if you have an allergy to any of the materials listed.
- Adult use only. Keep out of reach of children and pets.
- Check product condition regularly. Replace if product shows signs of damage.
- This product is a postpartum assistive tool and is not a medical device.
- If you have had a C-section, avoid positioning the edge of the belt directly over your incision.
- We do not recommend wearing this product for extended periods of time or while sleeping.
- Discontinue use if you feel any discomfort.
- Do not heat or freeze belt.

Instructions:

1
Sit or stand comfortably in an upright position. You may also find lying down more comfortable.



2
Spread the belt out behind you, with the darker side facing inwards.



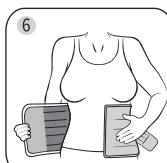
3
Position the belt so it covers your abdomen down to the top of your hips.



4
Hold one end of the belt, align it with the other side, and use the hook & loop tape to secure it to the other end. Adjust until it is firm yet comfortable.



5
Use the dual outer straps to further secure the belt.



6
To remove, simply pull to release.

NOTE: Belt may shift slightly while wearing it - reposition as needed.

BELT SIZING GUIDE

	Size S	Size M	Size L
Belt Length	100cm/39.37 inches	115cm/45.28 inches	130cm/51.18 inches
Belt Width	21cm/8.27 inches	21cm/8.27 inches	21cm/8.27 inches
Recommended Waist Size	≤115cm/≤45.28 inches	≤135cm/≤53.15 inches	≤155cm/≤61.02 inches

PLEASE NOTE: DO NOT use while pregnant - for postpartum use only. Always consult your physician before using a belly belt, as wear times will vary depending on your individual situation. If belt is uncomfortable when sitting, you may want to readjust and wear it slightly lower down. We highly recommend wearing the belt over your clothes to minimise the risk of chafing or discomfort. Belt is not intended for waist training purposes.