

**Product Name:** Postnatal Belly Band

Materials: Polyester, Bamboo Charcoal Powder, Nylon, Latex

Dimensions: 115 x 25cm

Colours: Almond/Grey/Mint

**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 a normal position. In some cases, it has even been shown to help reduce pain and discomfort during this recovery period.

Haakaa's Postnatal Belly Band 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 band 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 for the ultimate in postpartum belly support. Suitable for use after vaginal or C-section deliveries.

**Features:**

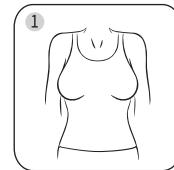
- Helps support and strengthen your postpartum body.
- Aims to reduce waist and back pain through improved posture.
- Suitable for vaginal and C-section birth recoveries.
- Stretchy belly band adjusts to your changing postpartum body.
- Dual straps provide ultimate support.
- Soft, strong fabric stays snug and breathable.
- Conforms to the curves of your waist and hips for a secure, comfortable fit.
- Convenient handles allow for easy readjustment.
- High-quality velcro holds its grip for a reliable fit each time.

**Cleaning and Care:**

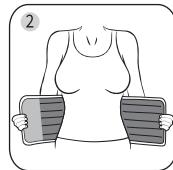
Clean this product regularly. Hand wash in warm water (under 30°C) and rinse thoroughly. Lie flat to dry. Do not forcefully scrub this product. Hard scourers may scratch the surface. Not suitable for chlorine, bleach, ironing, or dry cleaning. Do not machine wash or tumble dry. Store in a cool, dry place 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 band 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 band.

**Instructions:**

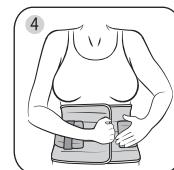
1  
Sit or stand comfortably in an upright position. You may also find lying down more comfortable.



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



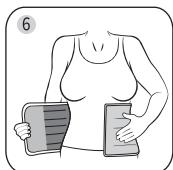
3  
Position the band so it covers your abdomen down to the top of your hips.



4  
Hold one end of the band, align it with the other side, and use the velcro to secure it to the other end. Adjust until it is firm yet comfortable.



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



6  
To remove, simply pull to release.

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

**BAND SIZING GUIDE**

Band Length	115cm
Band Width	25cm
Recommended Waist Size	≤130cm / ≤51 inches

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