

## Custom Made Garments Tips and Tricks

## **Genital Options** Managing Gravity

- Because of the challenges of genitals being in a gravity dependent position, adding in a vertical support can assist in added 'lift' and support
- This can be included into the Elvarex garment to support against gravity
- With the inclusion of multiple levels of Velcro, a patient can vary the amount of vertical lift depending on the time of day or level of refill
- The standard way to measure the genital strap is to measure from the perineum seam, up to the midpoint of the trunk. The velcro is placed in the middle of the front of the pants - standard is 2 strips however you can have up to 3 pieces
- Genital strap measure the length and width of the strap and insert into the comments box
- Only available in Elvarex
- A standard male pouch is 12cm medial to lateral and anterior to posterior. Should a larger pouch be required, please document in the comments section of the order form. Note, 48cm is the maximum size and can be dependent on the circumference of the panty.





Measure around the scrotum from left side to right side, then measure from the base of the penis anteriorly, to where the scrotum connects to the perineum posteriorly.



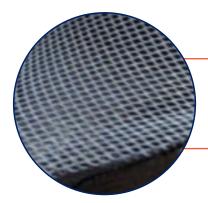


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## Gussets

Crotch for Women - without compression	Crotch for Women - with compression	Crotch for Men - without compression	Crotch for Men - with compression
Bellavar material	Elvarex material	Bellavar material	Full compression double bellavar material
Additional option for no gusset and open crotch	TOF		
Crotch width is approximately 3cm but can be modified for women			

- Bellavar is the standard gusset for females. Should you require Elvarex fabric gussets, please request in the comments. Note, 3cm is the standard width gusset.
- Bellavar is the standard gusset for males. Note, Elvarex is not available for male gussets and the standard gusset is 12cm for males.



You can also have the crotch in a net material

- Only available for the female crotch
- It does not offer compression



## **Stoma**

### **Option 1**

Measure as per the below:

- 1. Measure from side seam to side seam rather than from the midline.
- 2. Measure the distance from the top waist band down to the stoma opening location.
- 3. Document the diameter of the opening, note the average is approximately 4.5cm. Be mindful not to make the opening excessive as it will increase in diameter with donning.

## **Option 2**

If documenting the location is complex, the garment can be donned by the patient and the location of the stoma documented with chalk markings on the garment. The garment can then be shipped back to Emmerich, Germany for post production alteration.





# Stumps

#### Plate Finish The preferred option

- Suitable for rounded, tapered stumps.
- Plate is made from Elvarex fabric with a soft internal lining.
- Measure the true A-G and A-F lengths (or lower if below knee amputation).
- It is recommended that 2cm is accounted for in the overall length as the plate will provide some stretch and length characteristics
- Take the circumference of F at the narrowest part of the stump where the convergance commences



#### Straight edge finish

- Suitable for stumps with a more straight edge appearance
- Note not suitable for more tapered shapes as can result in a 'dog ear' appearance

#### For Upper Limb stumps

For upper limb garments, measure the same as a lower limb garment but account for approximately 1.5cm in stretch and length from the plate









**JOBST** 



## Toes Closed toe vs full compression

# Managing amputations or difficult toe shapes:

- It is possible to combine two toes in one, 'tube' e.g., big toe and second toe. The maximum number of toes combined is two
- An Elvarex toe piece is always produced as an open toe garment, however it is possible to fully enclose the toe. As it will have a seam, it is recommended to add a small amount of length to avoid rubbing
- Standard closed toe knee highs and thigh highs are enclosed with a soft toe covering. Should a full compression closed toe garment be required, please request Elvarex fabric as an alternative in the comments







# Waist Band Options



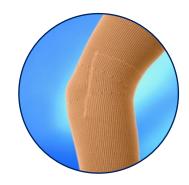
### Zippers in waist high garments

• It is possible to include a zipper either through the front or the side of the panty to facilitate donning. The top of the zipper will have a velcro fixation. A zipper is only possible through a fleece waistband and not possible through silicone or sensitive options







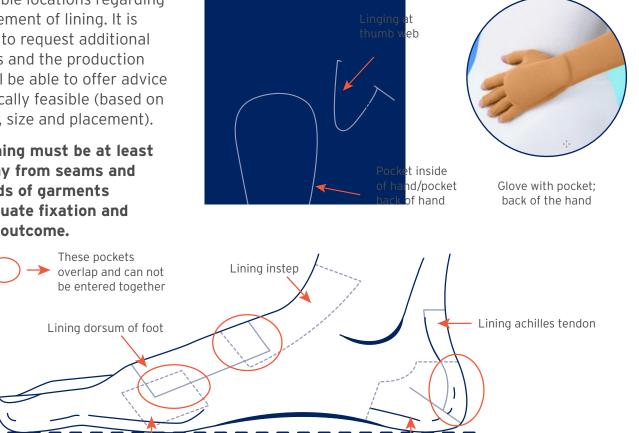


Armsleeve with pocket; bend of the elbow

# Lining options

Please see the attached images for possible locations regarding the placement of lining. It is possible to request additional locations and the production team will be able to offer advice if technically feasible (based on material, size and placement).

Note: lining must be at least 1cm away from seams and then ends of garments for adequate fixation and optimal outcome.



Lining hallux valgus

Lining heel

### Silicone patches, strips, dots

- Standard- 5cm and 2.5cm- waistband- dots
- Patches are always 5cm x 5cm and have a 5cm space in between each patch
- · Strips- available in the following lengths, 10cm, 12cm, 15cm, 20cm and 25cm
- Only available in Elvarex and Elvarex Soft

#### Zippers

#### Are only available for Elvarex fabric garments.

- Note zippers are not possible through knee or elbow joints, in the foot section of garments or in toe pieces.
- Not available for toe caps or foot part of a garment

