



## The Ab Binder Aid™: Comfort & Support During Recovery

*A hands-free, patent-pending tool designed to help you apply an abdominal binder more independently*

**Medical disclaimer (please read):** This guide is for general educational purposes only and is not medical advice. Always use your abdominal binder exactly as instructed by your surgeon or clinician (including how tight, how long, and when to wear it). If you have questions about binder wear, incision care, pain, dizziness, or activity restrictions, contact your clinical team.

Recovering from surgery can make simple tasks feel difficult—especially when you're sore, moving carefully, and trying to maintain privacy. The Ab Binder Aid™ is designed to make the process of putting on an abdominal binder safer and easier by securely holding one end of the binder in place so you can wrap and fasten it with less twisting and less need for another person.

### What the Ab Binder Aid™ is

The Ab Binder Aid™ is a hands-free holder that anchors one end of your abdominal binder while you apply the binder around your midsection, stomach, hips, and torso. It's intended to support independence and consistency during daily binder application—at home or while traveling.

### How it works (hands-free binder positioning)

Once the device is mounted securely, it helps you apply a binder in a simple sequence:

1. Place one end of your abdominal binder onto the device so it stays anchored.
2. Hold the free end of the binder.
3. Gently stretch the binder to the tension level your clinician has recommended.
4. Turn back toward the device while keeping the binder level and smooth.
5. Wrap the binder evenly around your midsection.
6. Lift the binder off the device and fasten it to your body.

## Mounting options

The Ab Binder Aid™ is designed to attach using either:

- Heavy-duty suction cups for smooth, non-porous surfaces
- Velcro straps (with metal brackets) for doors or sturdy posts (follow the instructional video via the QR code on the box)

## Abdominal binder basics (what they are and why fit matters)

An abdominal binder is an elastic compression belt worn around the abdomen.

Clinicians commonly recommend binders in certain recoveries—for example after open abdominal surgery (laparotomy), C-section, bariatric surgery, spinal surgery, hysterectomy, or cosmetic procedures such as tummy tucks or liposuction. Some people also use binders with clinician guidance for rib injuries.

Most post-surgical binders are often:

- Thin, stretchy, and flexible
- About 6–15 inches wide (depending on torso length)
- Around 45 inches long when relaxed (varies by brand)
- Made of elastic fabric with Velcro so it can fasten securely once wrapped

## When the Ab Binder Aid™ is commonly used

People often consider the Ab Binder Aid™ when an abdominal binder is part of their clinician-directed recovery plan and applying it independently feels challenging—especially when they're trying to avoid twisting, straining, or repeated reaching.

## Potential benefits (for many users)

The Ab Binder Aid™ may help you:

- Apply a binder more independently when you would otherwise need assistance
- Reduce twisting/straining during application by keeping one end anchored
- Improve consistency of binder placement from day to day (when used carefully)
- Maintain privacy and confidence during recovery routines
- Make travel or out-of-home binder application feel less stressful

## Safety note (important)

**Safety disclaimer:** Use only as directed by the manufacturer. Confirm the device is securely mounted before each use. If you feel lightheaded, weak, or unsteady, ask for assistance and prioritize fall prevention. The Ab Binder Aid™ assists with application but is not a substitute for medical supervision or individualized post-operative guidance.

## ⚠ Safe mounting & force limits:

- Use suction cups only on strong, non-porous surfaces such as marble, tile, or impact-resistant/hurricane-rated glass doors.
- Do NOT use on fragile or breakable surfaces (e.g., thin/decorative glass, loosely installed tiles, or any unstable surface).
- Ensure full suction activation: press firmly, gently pull-test the hold, and recheck stability before every use.
- Door mounting (strap method): attach using the metal brackets and Velcro straps; follow the instructional video via the QR code on the box.
- Do NOT screw the device into walls or permanently mount it with hardware—improper installation can cause the device to detach.
- Weight & force limit: this device is NOT designed to support body weight. Do not hang from it, pull yourself up with it, or apply body weight/force.

## Quick setup + safety checklist

- Pick your mounting method: suction cups (smooth, non-porous surface like hurricane resistant doors, tile or marble walls) or door straps (solid door/post).
- Prep the surface: clean and dry the area so suction cups can seal properly.
- Mount and test: press firmly, then gently pull-test the hold before attaching your binder.
- Set the height: position the device at a comfortable level so you don't have to bend, twist, or reach overhead.
- Do a practice run: try one slow practice application (without rushing). If you feel dizzy or unstable, stop and ask for help.
- Apply binder as instructed: follow your clinician's guidance on binder tightness and wear schedule; avoid over-tightening.
- Recheck each use: confirm the device is still secure before you apply tension to the binder.
- Keep the area clear: remove clutter and keep the floor dry to reduce slip risk while turning/wrapping.

 **Helpful Tip:** If you'll be using a binder daily, set up a consistent routine: mount the Ab Binder Aid™ in the same spot, keep your binder folded/ready nearby, and use a mirror the first few times to check that the binder stays level (not angled up/down). Small alignment tweaks can make the binder feel more comfortable.