



OMNIGON
SUPPORT GARMENTS

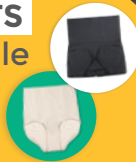
Your Guide

Parastomal hernia risk reduction, support & management

REMEMBER

SUPPORT PANTS

are now available
for **PURCHASE**
from Omnigon





My STN Date measured for Support Garment

My Circumference My Width My Support Garment Code

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Introduction

The aim of this booklet is to:

- ✓ Raise awareness of the potential for developing a parastomal hernia.
- ✓ Outline the best measures that may help to reduce the risk of developing a parastomal hernia.
- ✓ Provide practical advice on the non-surgical management of an existing parastomal hernia.

Information on the range of Omnigon Support Garments is included at the end (from p.19). Omnigon offers Support Garments tailored to suit your lifestyle. To suit different support needs and activities, Omnigon's Support Garments are available in a waistband, pants and belts.

Two features are common to every Omnigon Support Garment:

Comfort: one of the primary considerations throughout the design, fabric selection and construction process has always been about comfort.

Full Support: every garment provides full, even support across the entire abdominal wall including the parastomal area. Omnigon does not produce support garments with a hole. It has been shown that Support Garments with a hole cut-out may actually worsen the conditions for developing a parastomal hernia¹. For this reason, Omnigon does not recommend cutting holes in our Support Garments.

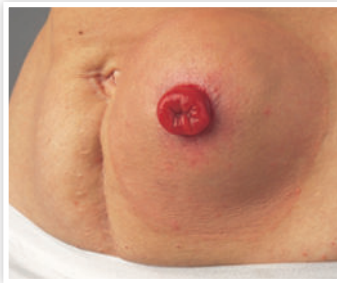
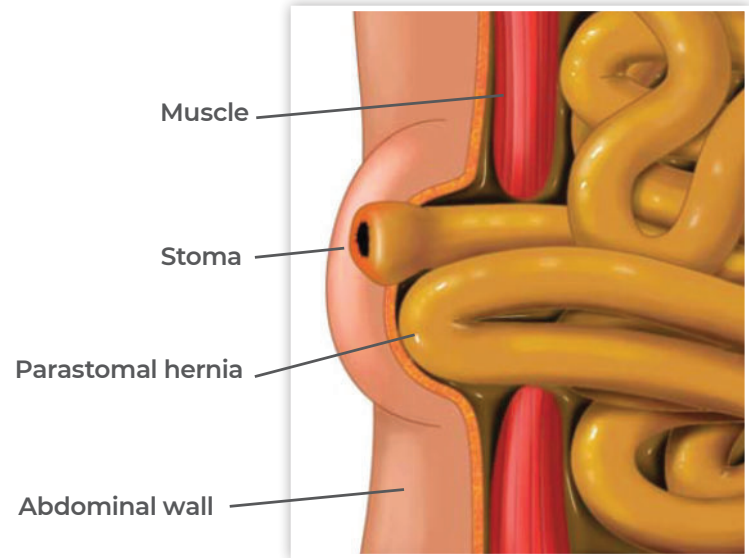
"It is FAR better not to have a hole in the support garment, because a hole mimics the situation that caused the bulge/hernia in the first place" Thompson 2009¹

Understanding parastomal hernias

A parastomal hernia appears as an external bulge around or beside the stoma, as shown in the diagram.

The surgical incision made through the abdominal wall to form a stoma, creates an area of weakness in the abdominal muscles.

Loops of bowel can protrude through that weakness lying in an abnormal position beneath the skin.



How common are parastomal hernias?

The largest review available (16,470 people with all types of stomas) conducted in the USA, found that 3 out of 10 stoma patients (30%) developed a parastomal hernia.²

Studies indicate that parastomal hernias are most common in end colostomies (up to 48%), followed by loop colostomies (30%). They occur in up to 28% of end ileostomies and up to 6% in loop ileostomies.³

When is the greatest risk of developing a parastomal hernia?

The most likely time to develop a parastomal hernia is in the first 12 months following surgery, and can occur immediately following surgery.⁴ There is a strong case for ostomates to adopt a potentially preventative measure of using a support garment as soon as possible after surgery.

How to recognise a parastomal hernia?

Parastomal hernias are often easier to see in a sitting or standing position. If you increase the pressure inside your abdomen by coughing or sneezing you are more likely to see

any existing hernia. While doing this, check if both sides of your abdomen are the same shape and size. If there is a noticeable bulge around or near the stoma, lie on your back for a few minutes and see if the bulge goes away. If it does, it is called a reducible hernia. If the bulge does not recede into the abdomen cavity it is referred to as a non-reducible hernia.

What are the potential risks and complications of having a parastomal hernia?

Many parastomal hernias cause no symptoms and are barely noticeable, some are mildly uncomfortable, while others cause a dull ache, dragging or heavy sensation. As a parastomal hernia grows in size, the skin around the stoma stretches causing the stoma to enlarge in size. Increases in the size of the opening of your pouch or even changing to another type of pouch may be needed. To ensure your stoma and hernia is managed well, please consult your Stomal Therapist.

In a small number of cases, the loops of bowel displaced into the hernia may cause blockage to the bowel. If you experience sudden onset of pain, nausea, vomiting, limited or no output from your stoma and/or have a swollen, tight abdomen please seek medical assistance immediately.



Understand your risk of developing a parastomal hernia

Some people are born with an inability to make a particular protein which repairs and strengthens muscle. These people may already have a history of other types of hernias and are more likely to develop a parastomal hernia.

People with a normal ability to produce muscle repairing proteins can have their effectiveness reduced by other external factors such as smoking, poor nutrition or infection.

Seeking assistance to remedy these external factors will assist healing and reduce the likelihood of developing a parastomal hernia.

For all people, wearing a Diamond Plus waistband, unisex boxer or brief (rating 3, moderate support) as soon as it is comfortable to do so after surgery may be beneficial in reducing the risk of developing a parastomal hernia.

Increased internal abdominal pressure can increase the risk



HEAVY LIFTING

Lifting heavy objects, such as shopping or wet washing can increase abdominal pressure. If possible divide the load when lifting and make more trips. It is recommended that a support garment be used when doing any heavy lifting or playing sport.

CONSTIPATION

If you are a Colostomate or Urostomate, constipation can cause straining and increased pressure in the bowel. If your stoma has not passed a bowel motion in three days, seek a review with your Stomal Therapist. Seek a review with your Healthcare Professional if your diet and fluid intake is not adequate to prevent constipation.

OBESITY

Obesity puts additional strain on the abdominal muscles. Maintaining a healthy weight or losing weight reduces the risk of hernia development.

CHRONIC RESPIRATORY CONDITIONS/ SMOKING

Coughing increases internal abdominal pressure. When coughing or sneezing support your stoma by placing your hands firmly over it. If you smoke seek assistance to QUIT.

ALLERGIES

As sneezing increases abdominal pressure, promptly treat any conditions that lead to sneezing.

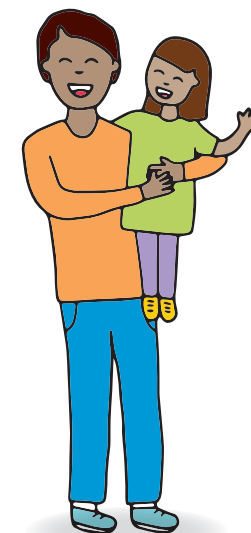
What's your risk of developing a parastomal hernia?

When trying to understand how likely you are to develop a parastomal hernia, your Stomal Therapy Nurse (STN) may use a Clinical Assessment Guideline* to calculate your total risk score. This is best done by a qualified STN so that your results can be explained to you clearly.

- A result of **0-15 indicates low risk**
- More than **16 points indicate high risk**

You can estimate your own risk factor using the following tables, note the risk factors and values that apply to you and add up your total score. If you score 16 or higher, it is strongly recommended you get in touch with your dedicated STN to discuss how to minimise your risk of developing a parastomal hernia.

PREDISPOSING CONSIDERATION		RISK FACTOR	VALUE	SCORE
Age	5-15 yrs	Low	1	
	Over 70 yrs	High	3	
BMI	Obese	High	3	
Occupation / lifestyle	Manual	High	3	
	Young family	Medium	2	
	Smoker	High	3	
Activity / hobbies	Active - regular exercise and activity	Low	1	
	Irregular exercise / activity	Medium	2	
	Minimal levels of activity	High	3	
SUB-TOTAL RISK SCORE				



*Adapted from the Association of Stoma Care Nurses UK (ASCN), National Clinical Guidelines on managing Parastomal Hernias

TOTAL RISK SCORE

LOW RISK
0 - 15

HIGH RISK
16+

REMEMBER:

Low risk is not NO risk!

PREDISPOSING CONSIDERATION	RISK FACTOR	VALUE	SCORE
Surgery / stoma site	Emergency surgery	High	3
	Robotic / laproscopic surgery	Medium	2
	Transverse colostomy	High	3
	Colostomy	Medium	2
	Stoma out of rectus muscle	Medium	2
	Previous parastomal hernia repair	High	3
	Trephine stoma (no other surgery)	Medium	2
	Aperture > 35 mm	High	3
Diagnosis	Malignancy	Medium	2
	Diverticular	Medium	2
	Existing hernia (any)	High	3
	Previous hernia	High	3
	AAA	Low	1
	Connective tissue disorders	Medium	2
Medication	Diabetic and in 1st year after surgery	High	3
	Steroids within 1 year of surgery	High	3
	Steroids long term	Medium	2
	Chemotherapy within 1 year of surgery	Medium	2
Raised intra abdominal pressure	Pelvic radiotherapy	High	3
	COPD / emphysema	High	3
	Ascites	High	3
	Acute / chronic constipation (colo / uro)	Medium	2
SUB-TOTAL		+ TOTAL RISK SCORE	

Activity levels and returning to work

Light activity such as walking should be resumed as soon as possible after surgery as this will improve your recovery. In your first month after surgery, you can progressively build up your exercise level to 30 minutes daily, as you feel comfortable.

Many people find the KomfortLite belt, Diamond Plus (rating 3, moderate support) waistband, briefs or boxers useful when undertaking initial postoperative exercises. The briefs and boxers will support both the abdominal muscles and the stoma pouch, enhancing the feeling of security when exercising.

Recumbent exercises (done while you are lying down or reclining) are a good start point to re-commencing exercise. This position encourages any bulge or hernia to reduce, see the descriptions for pelvic tilting and knee rolling in this booklet (p. 14-15).

People who engage in regular exercise generally have stronger abdominal muscles however, the formation of your stoma will still increase your vulnerability to developing a hernia. Allow 6-8 weeks for the muscles to heal before gently re-commencing your exercise routine. When recommencing your exercise program, support your muscles by wearing a support garment. If you have a parastomal hernia, apply the garment, then exercise.

If you already have a small hernia, a Diamond Plus (rating 3, moderate support) may be adequate while exercising. Larger hernias will need stronger support such as Support Briefs for Her or IsoFlex Support belt (rating 4, intermediate support), Total Control or KoolKnit belt (rating 5, firm support).



Resuming normal activity after surgery

Lifting

Always use a correct lifting technique:

- Do not attempt to lift by bending forward. Bend your hips and knees to squat down to your load, keep it close to your body, and straighten your legs to lift.
- Never lift a heavy object above shoulder level.
- Avoid turning or twisting your body while lifting or holding a heavy object.

It is advised to avoid all heavy lifting for 3 months following surgery.³⁻⁵

Swimming

To avoid potential injury from currents and surf, swimming in the sea should be avoided for 6-8 weeks. After this period, support garments can be worn under swimming costumes to provide support and security while swimming.



Sport

Even if you do not have a parastomal hernia it would be advisable to wear a support garment (rating 4, intermediate support, rating 5, firm support) when playing vigorous sports such as rugby, tennis, golf etc.



Returning to work

How soon you return to work depends on the type of work you do and should be discussed with your doctor. If it is physically demanding work then you may need to wait 6-8 weeks before re-commencing work.

If you regularly engage in hard physical work as part of your job or hobbies (for example carpenter, builder, cleaner, gardener) even if you do not have a hernia it would be advisable to undertake preventative measures by wearing a Total Control or KoolKnit belt (rating 5, firm support) during those activities.



Driving

Driving a car puts a strain on your abdominal muscles and should be avoided for at least a month after surgery. Total Control and KoolKnit belts (rating 5, firm support) are available in narrower widths that are ideal for support when driving.

Sexual activity

Many forms of sexual activity put a strain on your body and you may need to wait 6-8 weeks after your surgery before recommencing sexual activity. If your surgery involved the rectal or vaginal areas it may take several months before the tenderness resolves and you are comfortable enough to recommence sexual activity.

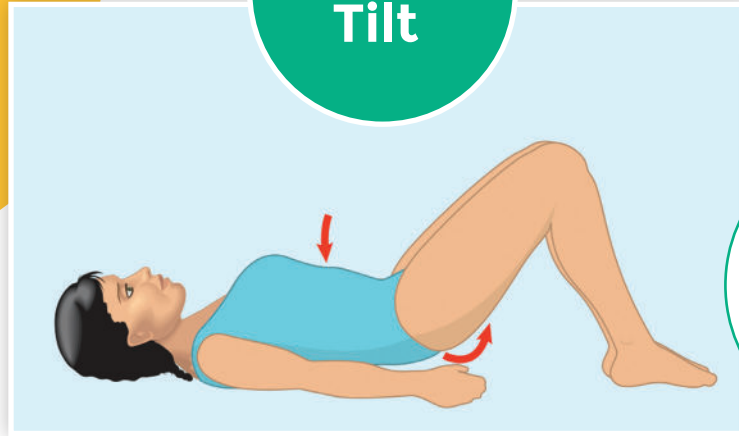
The Komfortlite belt or Diamond Plus support waistband (rating 3, moderate support) not only provides support during sexual activity it also discreetly covers the pouch and minimises the possibility of the pouch being dislodged.



Exercises

These exercises may assist in strengthening abdominal muscles and therefore potentially reduce the risk of developing a parastomal hernia.⁴⁻⁶

Pelvic Tilt



REMEMBER:
This is not a race. It is an opportunity for strengthening.

Lie on a firm surface with knees bent up. The following parts should be touching the floor:

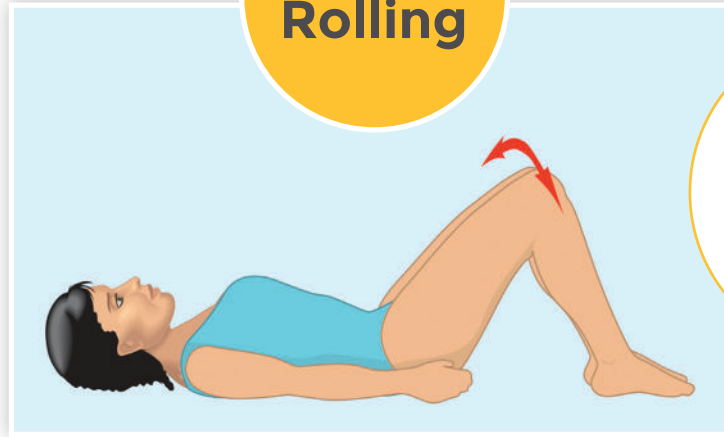
- + Soles of feet
- + Bottom
- + Mid/upper back and shoulders
- + Head

Inhale (normally, not deeply) then as you exhale pull your tummy down and tilt your bottom upwards slightly while pressing the middle of your back down into the floor.

- **Hold for 2 seconds**
- **Let go slowly**
- **Repeat 10 times daily**

If you cannot hold for long the first time it does not matter, success is measured by progress.

Knee Rolling



You may wish to consult your Physiotherapist or Healthcare Professional before commencing exercises.

Lie on your back with your knees bent up and feet on the floor.

- Pull your abdomen in
- Keeping knees together, roll them steadily from side to side
- Keep a smooth and gentle motion going within your comfort zone
- Repeat 10 times daily
- Mobility will improve with practice

REFERENCES 1. Thompson J. JSTA 2009. 29:6-14. 2. Grey et al. Wound Ostomy Continence Nursing 2005;32:87-92. 3. Carne et al. Parastomal hernia. Br J Surg. 2003; 90(7):784-793. 4. North J. British Journal of Nursing 2014;23:514-523. 5. Thompson M. Gastrointestinal Nursing 2005;3:23-27. 6. Thompson M. Gastrointestinal Nursing 2007;5:22-28.

Managing a parastomal hernia with the use of a Support Garment

Some people find the discomfort of having a parastomal hernia increases as the day progresses and choose to only wear the support garment later in the day.

Wearing a support garment during physical activity is recommended.

To increase pouch security and prevent leaks you may need to consider changing your pouch type to one that is more flexible and has a larger adhesive area.

The addition of skin friendly Welland HydroFrame® with Manuka honey extenders will more firmly anchor a pouch to your abdomen.

Do not be tempted to wear a tight support garment with a hole cut in it so that the bag is not restricted. If a hole is cut, the support garment now mimics the situation that caused the hernia in the first place.¹



Complications

A small number of parastomal hernias can become complicated and cause concerns. Seek assistance from your Stomal Therapist if:

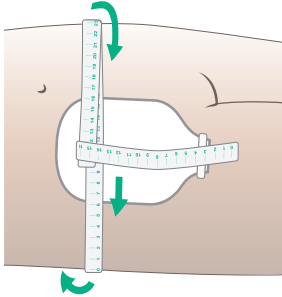
Your pouching system is no longer working well, if irritation or pressure spots occur under your pouch.

You start to have difficulty with colostomy irrigation. This may include difficulty introducing fluid, prolonged or incomplete evacuation. If this occurs cease irrigation.

One of the more serious complications involves trapping of bowel loops in the hernia. This can alter blood flow to the bowel tissue and is an emergency. Signs may include sudden and severe pain, reduced or no output from your stoma, vomiting, a tight and or swollen abdomen. Seek medical assistance immediately.

How to Measure for a Support Garment

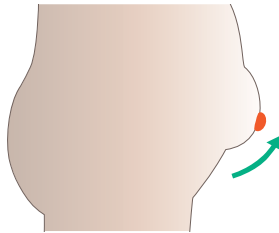
Measuring your circumference



- Lie flat on your back on a firm surface with your legs out straight and allow your abdomen to fully relax.
- Measure around your widest part including your pouch while breathing normally.

This will give you your **circumference measurement**.

For a support belt, you also need to measure your width



- If you do not have a hernia, measure from your hip to your waist.
- If you have a hernia, measure approximately 5cm below the hernia, up over the hernia, to your waist.

This will give you your **measurement for the width (or height) of the belt**.

We recommend seeing an STN to be measured accurately where possible. If you do not have access to an STN for guidance, you can use the instructions here to help you measure for an Omnigon Support Garment.

You will need a tape measure and you may need assistance to ensure correct measurement.

Use your measurement(s) to check the size chart of the product. If you are in the last cm in the size, please order the next size up.



Watch our video on "How to measure" on YouTube for more information

Omnigon's Support Garment range, designed for all activity levels

Support garments are colour coded to match the support needed for your lifestyle.

3 MODERATE SUPPORT

SUITABLE FOR:

After surgery

Wear during light exercise

To help prevent or to support a small bulge

KomfortLite Support Belts
Men's Support Pants
Diamond Plus Briefs & Boxers
Diamond Plus Support Waistband

4 INTERMEDIATE SUPPORT

SUITABLE FOR:

Wear during daily activities to help prevention (housework, shopping, golfing)

Support a more developed hernia

Support Briefs for Her
IsoFlex Support Belt

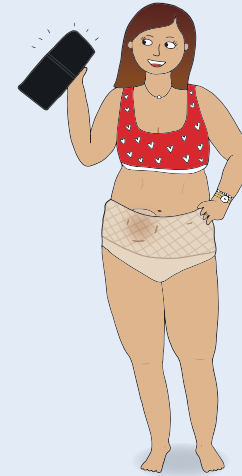
5 FIRM SUPPORT

SUITABLE FOR:

Wear during active work or sports to help prevention

Support a more developed hernia

Total Control Support Belt
KoolKnit Support Belt



For best results, Support Garments and belts should be applied while lying down flat on your back if possible.

This allows your hernia to reduce (drop back into your abdomen) and ensure a more comfortable fit. Further detailed fitting instructions can be found within the garment packaging.



Watch our video on 'How to apply a belt' on YouTube for more information

Rating 3 - Moderate support

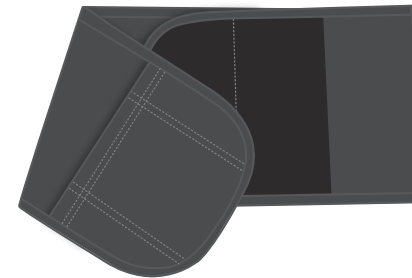
Max issue
4/year

Pack size
1

KomfortLite Support Belts

- Designed for comfort and ease-of-use.
- Additional pockets help to bring the two ends together.
- Rounded corners allow for flexible application to accommodate body shape.
- Soft breathable fabric for comfort against the skin.
- Can be worn during light exercise - including swimming!
- **Black** in colour.

SIZE	CIRCUMFERENCE	WIDTH	WIDTH	SAS
BLACK		17CM	21.5CM	
Small	75 - 90 cm	KLB101	KLB201	80232R
Medium	90 - 105 cm	KLB102	KLB202	80232R
Large	105 - 120 cm	KLB103	KLB203	80232R
XLarge	120 - 135 cm	KLB104	KLB204	80232R
XXLarge	135 - 150 cm	KLB105	KLB205	80232R



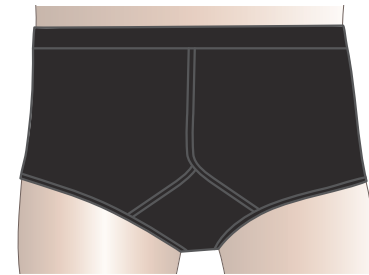
Rating 3 – Moderate support

Available for
PURCHASE
from Omnigon
Pack size
1

Men's Support Pants

- Tailored for a comfortable fit to body shape.
- All over support; double front panel for extra strength.
- Traditional front opening for convenience.
- **Black** in colour.

SIZE	CIRCUMFERENCE	CODE	PRICE (exclusive of postage)
BLACK			
Small	80 - 90cm	MSP801	\$45.00
Medium	85 - 100cm	MSP802	\$45.00
Large	95 - 115cm	MSP803	\$45.00
XLarge	110 - 130cm	MSP804	\$45.00
XXLarge	120 - 140cm	MSP805	\$45.00
HIGH WAIST			
Large	95 - 115cm	MSP803HW	\$45.00
XLarge	110 - 130cm	MSP804HW	\$45.00
XXLarge	120 - 140cm	MSP805HW	\$45.00



Rating 3 – Moderate support

Available for
PURCHASE
from Omnigon

Pack size
1

Diamond Plus Unisex Boxers

- Ideal for everyday wear after surgery and as a patient resumes light exercise.
- Seamless knit technology providing maximum comfort, moving with the body.
- Diamond panel waistband provides extra support where it is needed.
- **Black** in colour.

SIZE	CIRCUMFERENCE	CODE	PRICE (exclusive of postage)
BLACK			
Small	70 - 80cm	P-MD15-1S-B	\$45.00
Medium	85 - 95cm	P-MD15-2M-B	\$45.00
Large	100 - 110cm	P-MD15-3L-B	\$45.00
XLarge	115 - 125cm	P-MD20-4X-B	\$45.00
XXLarge	130 - 140cm	P-MD20-5XX-B	\$45.00



Rating 3 – Moderate support

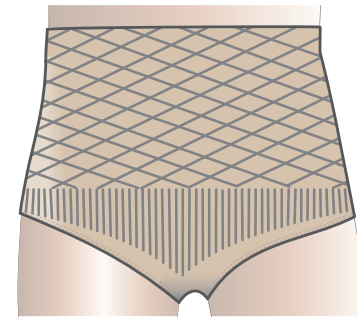
Available for
PURCHASE
from Omnigon

Pack size
1

Diamond Plus Briefs

- Ideal for everyday wear after surgery and as a patient resumes light exercise.
- Seamless knit technology providing maximum comfort, moving with the body.
- Diamond panel waistband provides extra support where it is needed.
- **Neutral** or **black** in colour.

SIZE	CIRCUMFERENCE	CODE	PRICE (exclusive of postage)
NEUTRAL			
Small	70 - 80cm	P-FD15-1S-N	\$45.00
Medium	85 - 95cm	P-FD15-2M-N	\$45.00
Large	100 - 110cm	P-FD15-3L-N	\$45.00
XLarge	115 - 125cm	P-FD20-4X-N	\$45.00
XXLarge	130 - 140cm	P-FD20-5XX-N	\$45.00
BLACK			
Small	70 - 80cm	P-FD15-1S-B	\$45.00
Medium	85 - 95cm	P-FD15-2M-B	\$45.00
Large	100 - 110cm	P-FD15-3L-B	\$45.00
XLarge	115 - 125cm	P-FD20-4X-B	\$45.00
XXLarge	130 - 140cm	P-FD20-5XX-B	\$45.00



Rating 3 – Moderate support

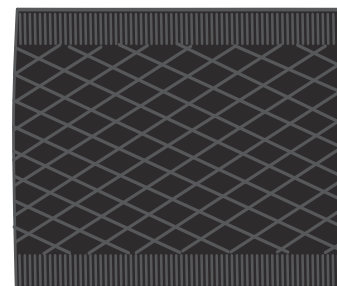
Max issue
4/year

Pack size
1

Diamond Plus Support Waistbands

- Ideal for everyday wear after surgery and as a patient resumes light exercise.
- Seamless knit technology providing maximum comfort, moving with the body.
- Can be worn discreetly, e.g. during swimming and public changing areas.
- **Black** or **neutral** in colour.

SIZE	CIRCUMFERENCE	CODE	WIDTH	SAS
BLACK				
Medium	85 - 95cm	B-WBDP-2M-B	30cm	9796N
Large	100 - 110cm	B-WBDP-3L-B	32cm	9796N
NEUTRAL				
Small	70 - 80cm	B-WBDP-1S-N	28cm	9796N
Medium	85 - 95cm	B-WBDP-2M-N	30cm	9796N
Large	100 - 110cm	B-WBDP-3L-N	32cm	9796N
XLarge	115 - 125cm	B-WBDP-4X-N	34cm	9796N
XXLarge	130 - 140cm	B-WBDP-5XX-N	36cm	9796N



Rating 4 – Intermediate support

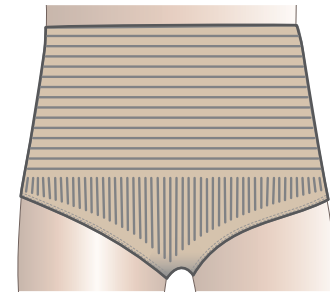
Available for
PURCHASE
from Omnigon

Pack size
1

Support Briefs for Her

- Ideal for everyday activities, providing a compromise between pants and a belt.
- Soft, silky lycra fabric all over.
- Hidden under the fabric is an IsoFlex band, providing firm yet comfortable support.
- **Neutral** in colour.

SIZE	CIRCUMFERENCE	CODE	WIDTH	PRICE (exclusive of postage)
NEUTRAL				
Small	70 - 80cm	SPH201N	15cm	\$45.00
Medium	75 - 88cm	SPH202N	15cm	\$45.00
Large	80 - 95cm	SPH203N	15cm	\$45.00
Large	80 - 95cm	SPH204N	20cm	\$45.00
XLarge	90 - 110cm	SPH205N	20cm	\$45.00
XXLarge	105 - 120cm	SPH206N	20cm	\$45.00
XXXLarge	115 - 130cm	SPH207N	20cm	\$45.00



Rating 4 – Intermediate support

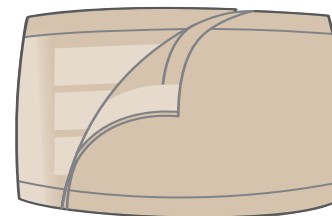
Max issue
4/year

Pack size
1

IsoFlex Support Belts

- This belt can be adjusted, allowing wearers to find the correct balance between comfortable support and the proper function of their stoma.
- Made from a cotton based fabric allowing the skin to breathe in hot conditions. Sits flat with non-curved edging.
- Made to measure option M2M.
- **Neutral** in colour.

SIZE	CIRCUMFERENCE	WIDTH	WIDTH	SAS
NEUTRAL		20CM	26CM	
Small	75 - 90cm	BOM101	BOM201	3858C
Medium	90 - 105cm	BOM102	BOM202	3858C
Large	105 - 120cm	BOM103	BOM203	3858C
XLarge	120 - 135cm	BOM104	BOM204	3858C
XXLarge	135 - 150cm	BOM105	BOM205	3858C



Width 20cm

Rating 5 – Firm support

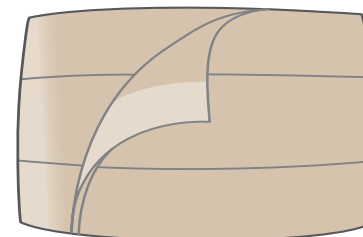
Max issue
4/year

Pack size
1

Total Control Support Belts

- Provides unlimited adjustment: closure will grip anywhere along the belt, allowing wearers control over the amount of support required.
- Much easier to get the correct size (no more ‘between’ sizes).
- Made to measure option M2M for circumference and width (2 to 5 panels).
- **Neutral** in colour.

SIZE	CIRCUMFERENCE	WIDTH	WIDTH	WIDTH	SAS
SIZE		15CM	22.5CM	30CM	
Small	60 - 90cm	TCB701	TCB801	TCB901	9883E
Medium	80 - 110cm	TCB702	TCB802	TCB902	9883E
Large	90 - 120cm	TCB703	TCB803	TCB903	9883E
XLarge	110 - 140cm	TCB704	TCB804	TCB904	9883E
XXLarge	130 - 160cm	TCB705	TCB805	TCB905	9883E



Width 15cm

Rating 5 – Firm support

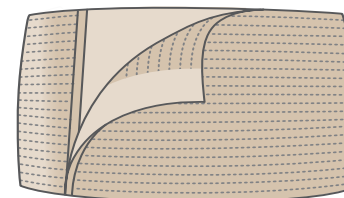
Max issue
4/year

Pack size
1

KoolKnit Support Belts

- Vented fabric, allowing the skin to breathe (ideal for summer / hot and humid weather) and will also dry quickly.
- Thinner fabric that moulds to the body, providing firm and comfortable abdominal support.
- Discreet with a low profile.
- Made to measure option M2M.
- **Black** or **neutral** in colour.

SIZE	CIRCUMFERENCE	WIDTH	WIDTH	WIDTH	SAS
NEUTRAL		17CM	21.5CM	26CM	
Small	75 - 90 cm	KKB401N	KKB501N	KKB601N	9753H
Medium	90 - 105 cm	KKB402N	KKB502N	KKB602N	9753H
Large	105 - 120 cm	KKB403N	KKB503N	KKB603N	9753H
XLarge	120 - 135 cm	KKB404N	KKB504N	KKB604N	9753H
XXLarge	135 - 150 cm	KKB405N	KKB505N	KKB605N	9753H
BLACK		17CM	21.5CM	26CM	
Small	75 - 90 cm	KKB401B	KKB501B	KKB601B	9753H
Medium	90 - 105 cm	KKB402B	KKB502B	KKB602B	9753H
Large	105 - 120 cm	KKB403B	KKB503B	KKB603B	9753H
XLarge	120 - 135 cm	KKB404B	KKB504B	KKB604B	9753H
XXLarge	135 - 150 cm	KKB405B	KKB505B	KKB605B	9753H



Width 17cm

Omnigon offers support garments to suit your lifestyle

3 MODERATE SUPPORT

SUITABLE FOR:

- After surgery
- Wear during light exercise
- To help prevent or to support a small bulge

KomfortLite Support Belts
Men's Support Pants
Diamond Plus Briefs & Boxers
Diamond Plus Support Waistband

4 INTERMEDIATE SUPPORT

SUITABLE FOR:

- Wear during daily activities to help prevention (housework, shopping, golfing)
- Support a more developed hernia

Support Briefs for Her
IsoFlex Support Belts

5 FIRM SUPPORT

SUITABLE FOR:

- Wear during active work or sports to help prevention
- Support a more developed hernia

Total Control Support Belts
KoolKnit Support Belts

Your SAS
Allowance
per calendar
year



BELTS

You can now purchase an unlimited number of pants directly from Omnigon or your Association. Simply call **1800 819 279**

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AU **1800 819 274**
NZ **0800 440 027**

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