

Guidelines and Translation for Leg Measurement Form

rechts means right.

links means left

1. Print out the first page of the chart TWICE. Do not download the second page, just the first page.
2. Have your helper measure you in centimeters, not inches.
3. For the first chart, have your helper measure you normally (not pulling tape tight or loose). Make sure NOT to measure the waist too high from the rise of the crotch to the waist. It should not go above the belly button. If you measure too high, your post op compression garment will be uncomfortable especially when eating.
4. For the second copy of the chart, have your helper measure you with the tape pulled as tightly as possible.
5. You will not have to remeasure the vertical measurements in the two charts, just the horizontal measurements.

NOTE: The measurements must be taken twice (normal and tight) to insure the proper fit of the post op garment—snug enough to fit properly.