

# Alter Ego



2026 CATALOG

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[ALTEREGOCOMPRESSSION.COM](http://ALTEREGOCOMPRESSSION.COM)

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# Welcome to Alter Ego Compression

Thank you for choosing Alter Ego Compression as your trusted partner in post-operative and wellness garment solutions. Our catalog is designed to support your practice with premium-quality garments, consistent sizing, and reliable performance your patients can feel immediately.

We offer complete flexibility for your ordering needs — there is no minimum order quantity. Whether you need a single garment or a full inventory restock, you can order exactly what your practice requires.

Every piece is crafted with premium materials, medical-grade construction, and a boutique finish, while maintaining competitive, practice-friendly pricing to support your margins and patient accessibility.

We're honored to be part of your patient care journey and look forward to supporting your practice with excellence.

## Measuring Guide & Sizing Table

	<b>CHEST</b>	<b>WAIST</b>	<b>HIPS</b>	<b>UPPER THIGH</b>	<b>MID THIGH</b>
<b>XXS</b>	24 - 27	18 - 20	30 - 34	19 - 20	17 - 18
<b>XS</b>	27 - 30	18 - 24	34 - 36	20 - 21	18 - 19
<b>S</b>	30 - 32	24 - 26	36 - 38	21 - 23	19 - 21
<b>M</b>	32 - 35	26 - 30	38 - 42	23 - 24	21 - 22
<b>L</b>	35 - 38	30 - 34	42 - 46	24 - 25	22 - 23
<b>XL</b>	38 - 40	34 - 38	46 - 48	25 - 26	23 - 24
<b>2XL</b>	41 - 44	38 - 40	48 - 50	26 - 27	24 - 25
<b>3XL</b>	44 - 46	40 - 45	50 - 52	27 - 28	25 - 26
<b>4XL</b>	46 - 48	45 - 48	52 - 54	28 - 29	26 - 27
<b>5XL</b>	48 - 51	48 - 52	54 - 58	29 - 31	27 - 29
<b>6XL</b>	51 - 54	52 - 56	58 - 62	31 - 32	29 - 30
<b>7XL</b>	54 - 57	56 - 60	62 - 66	32 - 33	30 - 31

# GUIDE TO COMPRESSION LEVELS

Post-operative compression is typically divided into two phases:

## **Stage 1: Low Compression**

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Immediately after surgery through approximately weeks 3–4 (or per surgeon instruction).

### **When to Use Stage 1**

- Immediately out of surgery
- Experiencing significant swelling or fluid drainage
- Wearing drains or bulky dressings
- Unable to tolerate firm compression
- Within the surgeon-specified early recovery window

## **Stage 2 : Medium/High Compression**

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After using Stage 1 , once swelling has decreased and the patient is ready for firmer, contour-focused support.

### **When to Use Stage 2**

- Swelling has decreased significantly
- Drains have been removed
- The patient can tolerate firmer compression
- The surgeon has cleared them for the next phase
- The patient is ready for shaping and contouring support

**REF: 1015 - BELOW THE KNEE**

COLOR OPTIONS: BLACK OR BEIGE

SIZE OPTION: XS - 6XL

This below-the-knee faja is designed for clients who need extended leg coverage with consistent, breathable compression. Made from premium nylon, it provides a smooth, supportive fit from the abdomen through the lower legs.

The garment includes one row of hook-and-eye closures beneath a zippered abdominal panel for stable, double-layer midsection compression.

A zipper crotch ensures convenience during wear, while the longer leg length helps control swelling and maintain shape through the calves. A reliable choice for post-operative care or daily shaping with added lower-leg support.



**REF: 1020 - KNEE LENGTH**

COLOR OPTIONS: BLACK OR BEIGE

SIZE OPTION: XS - 6XL

This knee-length compression garment is crafted from soft, breathable nylon to provide smooth, uniform support during early recovery. The front closure features one row of hook-and-eye fasteners paired with a zippered abdominal panel, delivering reinforced midsection compression to help manage swelling and contour the waistline.

The zipper crotch allows for easy bathroom access without removing the garment, while the knee-length design offers targeted leg support without restricting mobility.



**REF: 1012 - ZIPPER PANTY**

**COLOR OPTION:** BLACK OR BEIGE

**SIZE OPTIONS:** XS - 4XL

This Stage 1 panty-style faja is engineered for immediate post-operative recovery, offering gentle yet effective support without full-leg coverage. Constructed from soft, breathable nylon, it provides smooth compression ideal for the first weeks after surgery.

The front closure features one row of hook-and-eye fasteners, paired with a zippered abdominal panel that reinforces the midsection with stable, uniform compression.

Hook and Eye crotch area



**REF: 1035 - FRONT ZIPPER HIGH WAIST BELOW THE KNEE**

**COLOR OPTION:** BLACK OR BEIGE

**SIZE OPTIONS:** XS - 4XL

Structured upper-body support with hook and eye closure followed by a front zipper.

Designed for post-operative recovery, it delivers consistent, even compression across the chest and torso while maintaining comfort and mobility.

Zipper crotch area.



**REF: 1026- KNEE LENGTH WITH SLEEVES**

**COLOR OPTION:** BLACK

**SIZE OPTIONS:** XS - 5XL

This knee-length compression garment is constructed from soft, breathable nylon to provide smooth, uniform support throughout recovery.

The design includes four rows of hook-and-eye closures, allowing adjustable compression as swelling changes.

Integrated sleeves offer added upper-body support, while the flap crotch ensures convenience and hygiene during extended wear.



**REF: 1103 - BELOW THE KNEE HIGH WAIST PULL ON COMPRESSION (NO CLOSURE)**

**COLOR OPTION:** BLACK OR BEIGE

**SIZE OPTIONS:** S - 3XL

A smooth, supportive compression short designed for effortless wear and consistent, medical-grade shaping.

This pull-on style eliminates hooks, zippers, and bulk, offering a sleek, uniform fit ideal for post-operative recovery or everyday contouring.



**REF: 1101- HIGH WAIST PULL ON COMPRESSION SHORTS (NO CLOSURE)**

**COLOR OPTION:** BLACK OR BEIGE

**SIZE OPTIONS:** XS - 5XL

A smooth, supportive compression short designed for effortless wear and consistent, medical-grade shaping.

This pull-on style eliminates hooks, zippers, and bulk, offering a sleek, uniform fit ideal for post-operative recovery or everyday contouring.



**SEAMLESS FULL BODY COMPRESSION**

**COLOR OPTION:** BLACK OR BEIGE

**SIZE OPTIONS:** S - 3XL

A smooth, contouring full-body compression garment engineered for patients who need uniform support without the bulk of traditional seams. This seamless design delivers a sleek, second-skin feel while maintaining the firm, medical-grade compression required for post-operative recovery.

Open Crotch design



**REF: 1076 - MALE COMPRESSION VEST**

**COLOR OPTION: BLACK**

**SIZE OPTIONS: S - 4XL**

Structured upper-body support with a front zipper reinforced by a single row of hook-and-eye closures for secure, easy application.

Designed for post-operative recovery, it delivers consistent, even compression across the chest and torso while maintaining comfort and mobility.

Its streamlined construction fits smoothly under clothing and can be used for Stage 2 recovery, offering reliable support as swelling decreases and clients transition into more advanced compression.



**REF: 2001 - FIRM COMPRESSION MID THIGH**

**COLOR OPTION:** BLACK

**SIZE OPTIONS:** 2XS - 6XL

This high-compression garment delivers structured support with four rows of front hook-and-eye closures for adjustable, long-term wear.

The extra firm abdominal compression shapes the waist while providing no compression to the hips or glutes, preserving natural volume and enhancing an hourglass silhouette.

Flap Crotch



**REF: 2016 - MIXED COMPRESSION MID THIGH**

**COLOR OPTIONS:** BLACK OR BEIGE

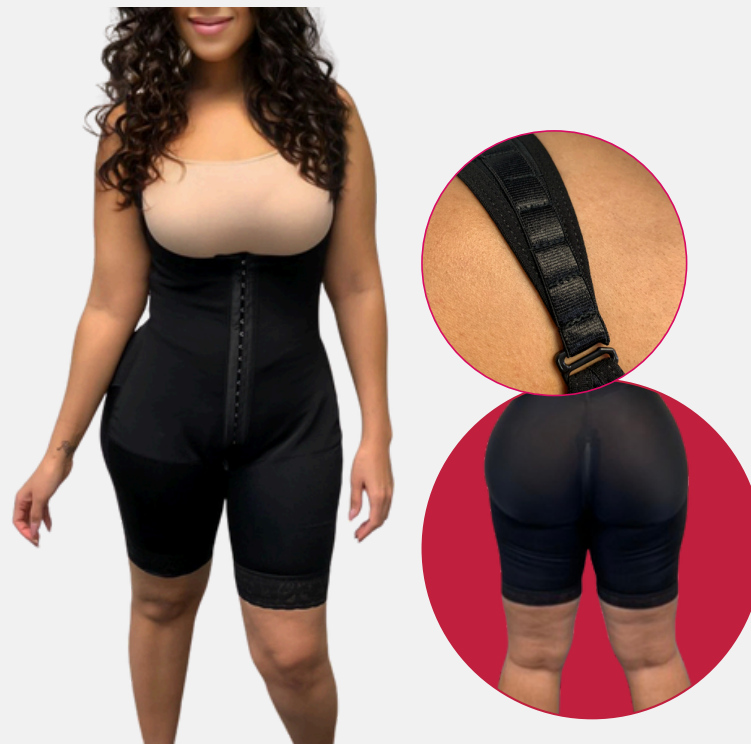
**SIZE OPTIONS:** 2XS - 6XL

The abdomen panel delivers firm compression to sculpt and stabilize, while the thighs feature ultra-stretch material for ease of movement and reduced irritation.

With no compression over hips or glutes, it preserves natural volume and enhances an hourglass silhouette.

The front closure includes four rows of hook-and-eye adjustments, allowing clients to progress comfortably as swelling decreases.

Zipper Crotch



**REF: 2022 - MIXED COMPRESSION KNEE LENGTH**

**COLOR OPTIONS:** BLACK OR BEIGE

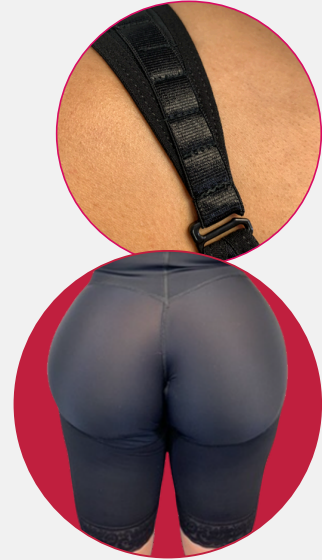
**SIZE OPTIONS:** 2XS - 6XL

The abdomen panel delivers firm compression to sculpt and stabilize, while the thighs feature ultra-stretch material for ease of movement and reduced irritation. Knee length legs.

With no compression over hips or glutes, it preserves natural volume and enhances an hourglass silhouette.

The front closure includes four rows of hook-and-eye adjustments, allowing clients to progress comfortably as swelling decreases.

Flap Crotch



**REF: 2015 - DOUBLE COMPRESSION PANTY**

**COLOR OPTIONS:** BLACK OR BEIGE

**SIZE OPTIONS:** 2XS - 3XL

This post-op compression garment features a panty-style bottom for discreet wear and smooth coverage.

The front closure includes four rows of hook-and-eye fasteners, followed by a second-layer zippered panel that reinforces the abdomen with targeted, double-layer compression.

Ideal for clients seeking enhanced support without full-leg coverage, this design helps stabilize swelling and contour the waistline while maintaining comfort and convenience.



**REF: 2028 - MIXED COMPRESSION HIGHWAIST STRAPLESS**

**COLOR OPTIONS:** BLACK OR BEIGE

**SIZE OPTIONS:** 2XS - 4XL

This strapless mid-thigh faja is engineered with mixed compression zones to deliver firm abdominal shaping while maintaining comfortable flexibility through the hips and thighs.

The design features four rows of hook-and-eye closures, allowing for extended adjustability as swelling decreases and the waistline refines.

The strapless construction offers discreet wear under a variety of garments, while the mid-thigh length provides smooth, supportive contouring without restricting movement. Ideal for post-operative recovery or clients seeking structured shaping with a customizable, secure fit.



**STYLE 4140: - FRONT & BACK HOOK AND EYE BRA**

**COLOR OPTIONS:** BLACK OR BEIGE

**SIZE OPTIONS:** XS - 3XL

This post-operative support bra is designed for comfort, stability, and customizable fit during the early stages of recovery. It features dual hook-and-eye closures—a traditional hook closure in the back paired with a front hook-and-eye panel for added adjustability and ease of wear.

Discreet interior pockets allow for the placement of ice packs, providing targeted cooling to help manage swelling and discomfort.

With five shoulder adjustment points, this bra offers a highly personalized fit, ensuring proper support across the chest, shoulders, and upper back. Ideal for surgical recovery or clients seeking structured, comfortable compression.



**REF: 4148 - FRONT ZIP BRA**

**COLOR OPTIONS:** BLACK OR BEIGE

**SIZE OPTIONS:** XS - 3XL

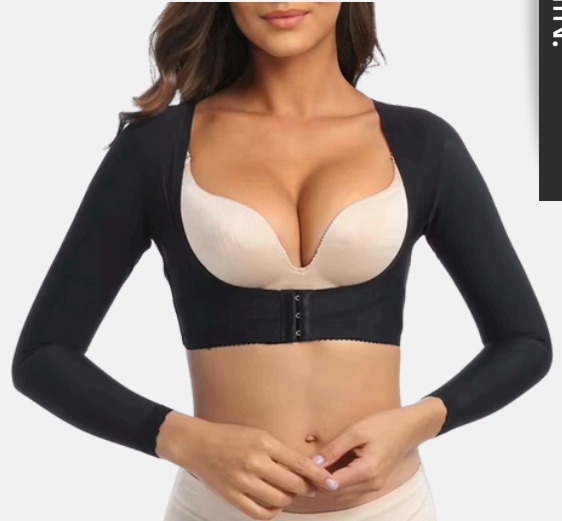
A supportive, post-operative compression bra engineered for comfort, stability, and ease of use. Designed with a dual-step front closure, it provides secure, adjustable compression while remaining gentle on sensitive, healing tissue.



**REF: 4290 - ARM COMPRESSION**  
**COLOR OPTIONS:** BLACK OR BEIGE  
**SIZE OPTIONS:** XS - 3XL

This arm compression garment provides targeted support for the upper arms during post-operative recovery or daily shaping. Designed with three rows of hook-and-eye closures, it allows for adjustable compression as swelling fluctuates, ensuring a secure and comfortable fit.

The smooth, supportive construction helps control inflammation, contour the arms, and maintain consistent pressure without restricting mobility. Ideal for clients seeking structured arm support with customizable adjustability.



**REF: 4390 - SHORT SLEEVE ARM COMPRESSION WITH BRA**  
**COLOR OPTIONS:** BLACK OR BEIGE  
**SIZE OPTIONS:** XS - 3XL

This integrated arm-and-upper-body compression garment offers comprehensive support for clients needing both arm stabilization and chest coverage.

The design features attached bra support, helping maintain proper posture and preventing garment slippage while delivering uniform compression across the upper torso.

The arm sections provide targeted shaping and swelling control, while the bra attachment ensures a secure, anchored fit that stays in place throughout wear. A reliable option for post-operative recovery or clients seeking full upper-body compression in one garment.



**REF: 4295 - LONG SLEEVE ARM COMPRESSION WITH BRA**

**COLOR OPTIONS:** BLACK OR BEIGE

**SIZE OPTIONS:** XS - 3XL

This arm compression garment provides targeted support for the upper arms during post-operative recovery. Designed with three rows of hook-and-eye closures, it allows for adjustable compression as swelling fluctuates, ensuring a secure and comfortable fit.

The smooth, supportive construction helps control inflammation, contour the arms, and maintain consistent pressure without restricting mobility. Ideal for clients seeking structured arm support with customizable adjustability.



**REF: 5001 - CHIN COMPRESSION**

**COLOR OPTIONS:** BLACK OR BEIGE

**SIZE OPTIONS:** 2XS - S, M-XL, 2XL - 4XL

This chin compression garment provides targeted support to the lower face and jawline during post-operative recovery.

A removable foam insert offers optional extra padding, allowing patients or providers to customize pressure and comfort based on recovery needs.



**REF: 5003 - CHIN COMPRESSION WITH EAR HOLES**

**COLOR OPTIONS:** BLACK OR BEIGE

**SIZE OPTIONS:** 2XS - S, M-XL, 2XL - 4XL

This chin compression garment provides targeted support to the lower face and jawline during post-operative recovery.

Designed with ear openings for comfort and proper alignment, it reduces pressure around the ears while maintaining secure, even compression.

A removable foam insert offers optional extra padding, allowing patients or providers to customize pressure and comfort based on recovery needs.



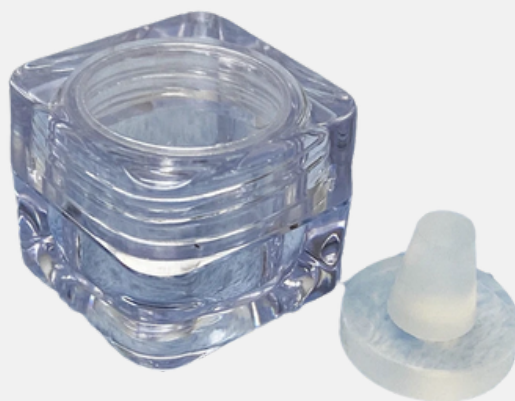
REF: 0047 - 3-PACK LIPO FOAM  
ONE SIZE

Soft, flexible foam pads that provide smooth, even compression after liposuction. Helps reduce swelling, prevent creasing, and create a uniform contour under your garment.



REF: 0092 - BELLY BUTTON SHAPER  
ONE SIZE

A silicone insert designed to maintain natural navel shape after tummy tuck or liposuction. Supports proper healing and prevents indentation or closure of the belly button.



REF: 0032 - ABDOMINAL BOARD

A firm, contoured board worn under compression garments to flatten the abdomen, reduce swelling, and prevent fluid retention. Helps create a smooth, defined waistline during recovery



REF: 0036 - BACK BOARD

A supportive foam board that provides firm, even compression to the mid-back area. Helps reduce swelling, prevent folds, and maintain smooth surgical results.



REF: 0039 - V-SHAPE LOWER BACK BOARD

A supportive foam board that provides firm, even compression to the lower back. Helps reduce swelling, prevent folds, and maintain smooth surgical results.



## Custom Branding & Private Label Options for your Medical Practice

Practices seeking a personalized touch can customize their compression garments with their preferred branding, colors, or label details. Whether you want your clinic name printed on the garment, a custom interior label, or fully tailored design adjustments, our private-label program provides a seamless way to elevate your post-operative experience.

### What Practices Can Customize

- Clinic Name or Logo Placement
- Add your practice name or branding directly onto the garment or interior label for a professional, cohesive patient experience.
- Garment Style Adjustments
- Practices may request modifications to garment features, sizing, or construction to meet their specific clinical needs.
- Exclusive Private-Label Collections
- Create a signature line of compression garments unique to your practice, designed and produced exclusively for your patients.

### Why Practices Choose Customization

- Enhances brand visibility and patient trust
- Creates a unified, premium post-operative experience
- Allows clinics to offer garments tailored to their protocols and preferences
- Supports long-term patient loyalty and professional presentation

### Get Started

Reach out to us at [info@alteregocompression.com](mailto:info@alteregocompression.com) to begin customizing your garments.

## Interested in Purchasing? Contact Us

Medical practices and surgical providers who would like to purchase Alter Ego Compression garments at wholesale rates are invited to connect with our team.

We offer **no minimum order quantity**, allowing practices to order exactly what they need. Contact us at [info@alteregocompression.com](mailto:info@alteregocompression.com) or call 708-734-9180 to request our private practice price list.

For immediate access, you may also register on our website for exclusive Practice Access to view exclusive pricing and place orders.