# **HERNIA AID**

Prescribed by orthopedic professionals nationwide this may be one of the most effective hernia aid / hernia truss you have used. This Inguinal Hernia Truss features dual adjustable compression trusses designed to aid in the relief of inguinal hernias. The truss pads have unique Velcro (tm) system that allows for a completely customize fit. The inguinal hernia aid truss has a 2" elastic waist band is completely adjustable and has a low profile that can be hidden by the waist band of most pants. The leg straps of the inguinal hernia aid truss are made from soft Super Stretch Spandex that is covered with high end nylon for true comfort. The inguinal hernia aid truss is lightweight and discrete.

I am sure you will be happy with this inguinal hernia truss.

#### Size Guide

### Measure around the hips

Small	30"-35"	76cm-88cm
Medium	35"-41"	89cm-104cm
Large	41"-46"	105cm-116cm
X-Large	46"-52"	117cm-132cm

Some custom manufacturing of the inguinal hernia truss available for greater than 52". Call for details. Additional charges apply.

An inguinal hernia is a protrusion of abdominal-cavity contents through the abdominal muscles in the groin area. Inguinal hernias are very common (lifetime risk of hernia: 27% for men, 3% for women). If you are unsure if the AlphaBrace.com inguinal hernia truss is right for we recommend you talk to your doctor. If you are not sure if you have an inguinal hernia we also recommend you consult your doctor. The Inguinal Hernia Truss is an over the counter product and does not require a doctor's prescription, however, it is always a good idea to talk your doctor about health aids / (inguinal hernia truss) you are using.

## **Application Instructions:**

Place the Inguinal Hernia Aid on the abdomen with the truss pad(s) over desired location (hernia). Slip elastic belt around body and fasten with velcro closure. Bring elastic leg straps under and around legs. Fasten leg straps in the buckles on the sides of the Hernia aid / truss.

### Care Instructions for the Inguinal Hernia Aid:

The Inguinal Hernia Aid can be machined washed with mild detergent. Lay the Inguinal Hernia Aid flat to dry. Do not use a hot dryer or iron on the Inguinal Hernia Aid.