

Svelte Fit Check Guide

Clinician Fit & Sizing Guidance

1) Choose the correct size (measure first)

Measure at the widest point of the waist or hips (use whichever measurement is larger).

Sizes (waist/hip)

M: 75–130 cm

L: 100–140 cm

If between sizes (overlap zone):

Consider M where a closer fit and closer leg contact are preferred and clinically appropriate.

Consider L where additional room through the waist, hip, thigh or leg opening is preferred and clinically appropriate.

2) Fit check (~60 seconds)

Check fit standing, then during movement: walking, sit-to-stand and bending.

Waistband

- Confirm correct front/back orientation before assessing fit
- Sits flat and level (no rolling)
- Feels secure through sitting and bending without excessive pressure

Leg seal + 3D leak guards

- 3D leak guards are upright and not folded
- No obvious gaps at the leg opening

Garment stability / core positioning

- Core sits centred at fit check and can be reassessed after movement, sitting and bending.
- Clinicians may observe whether the core remains centred, shifts, bunches, twists or shows localised swelling after wear.
- No significant twisting, bunching, collapse, or localised swelling ("pillowing")

Outer backsheet/clothing dampness (*optional, during routine wear*)

This check may support observation of heat, humidity, leakage pattern and comfort during routine wear.

- ☐ Dry ☐ Slightly damp ☐ Wet
- If damp/wet: note **location** (front/back/side seams) and whether this appears related to **leakage (leg/waist)** versus **condensation or humidity** (e.g. *heat build-up*).

3) Size-specific design notes

- **Medium (M):** 3D leak guards + wide leg-gather construction to support a broader, adaptive seal during movement
- **Large (L):** 3D leak guards + contoured leg design for fuller thigh/hip profiles (without the wide leg-gather construction used in M)

4) Troubleshooting (quick clinician guidance)

- **Leg leakage:** Re-check leg guards, leg seal, output level and change frequency; if between sizes, trial the alternate size.
- **Waist fit / rolling:** Pull up fully and level; if tightness or rolling persists after correct positioning, trial L.
- **Core shifting / "pillowing":** Note severity and impact on comfort, fit or leg seal behaviour; trial the alternate size if persistent.

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- **Outer dampness:** Note location/pattern and distinguish leakage (leg/waist) vs condensation or humidity (e.g. *heat build-up*).
- **Clinical support:** clinicians@getsvelte.com.au

This guide is intended to support product fit review only. It does not replace clinical judgement, individual assessment or local care protocols.