

SUPACORE MARY CORETECH® SHORTS

Postpartum & POTS Recovery Compression Shorts - Care & Use Manual

Product Overview

Mary CORETECH® Shorts provide approximately 25+ mmHg medical-grade compression. The patented CORETECH® waistband incorporates pelvic and core support, while Ribtech® body-mapped ribbing targets key lower-body muscle groups.

How to Put Them On

- Remove shoes before putting on or taking off the shorts.
- Gather the leg opening before placing your foot through.
- Work the garment upward gradually, section by section.
- Position the shorts evenly over the hips, pelvis, and abdomen.
- Do not pull the garment up only by the waistband.
- Take care around jewelry, watches, or sharp objects that may snag the fabric.

Washing & Care

- Cold gentle machine wash inside out with like colors.
- Do not bleach.
- Do not tumble dry.
- Do not iron.
- Do not dry clean.
- Do not use fabric softener.

Chlorine & Salt Water

Avoid using the garment for recovery sessions in chlorinated pools. Chlorine may damage the fabric and shorten garment life. If exposed to chlorine or salt water, rinse immediately in clean water.

Fit & Use

These are firm compression shorts and should fit closely. Put them on carefully rather than stretching or pulling forcefully. Correct sizing, careful handling, and proper washing help preserve compression and fabric integrity.

Important

This guide is for product care and general use. Medical-grade compression may not be appropriate for everyone. For postpartum recovery, POTS, circulatory conditions, or other medical concerns, follow the advice of your healthcare professional.