

MEDICAL BROCHURE





The bras are very nice, my patients love them because they are very comfortable, especially after surgery.

Mr Floyd, Consultant Plastic Surgeon, Highgate Hospital & Spire Bushey, London

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OUR STORY

WHAT MAKES US DIFFERENT

Theya Healthcare was founded by Ciara Donlon, an award winning social entrepreneur in 2015. Theya Healthcare is one of the original femtech brands in the world designing for women by women.

Ciara, and the company are driven by empathetic innovation and a commitment to sustainability to make positive changes for women.

After a number of years at the helm of a very successful lingerie retail business, in 2012, the idea for THEYA Healthcare came about. Breast cancer survivors and women awaiting cosmetic surgery regularly came to the shop looking for post-surgery bras. Ciara quickly recognized a gap in the market for a range of post surgery underwear made sustainably and that truly met the needs of these women. This led her to form Theya Healthcare, which designs and manufacturers bamboo post-operative garments – bras, briefs and shorts - that are clinically proven to heal and aid the wearer to feel better and recover faster.

What makes us different -

Our post-surgery bras, briefs and shorts are made from our silky smooth bamboo mix fabric. Our unique cosmetic surgery collection is designed by women for women and provides exceptional comfort and functionality for anyone going through a number of surgical procedures including breast augmentation, lifts and reconstruction as well as labiaplasty and abdominoplasty.

Theya Peony Hook & Eye has been the number 1 best selling post surgery bra (Mastectomy) on Amazon UK and all our post surgery collections are favoured by cosmetic surgeons and patients alike.

In 2021 the Theya 'Petal' brief has become the first natural fibre ostomy support brief to be approved by the UK's National Health Service (NHS) and added to its Drug Tariff, making it widely available for women with stomas on a prescription basis.

The company is an approved supplier to the HSE in Ireland; the NHS in the UK; and the Greenhealth Exchange purchasing co-op, whose members include more than 4,000 hospitals in the US.





WHY BAMBOO?

At the very start of our journey in 2013, our founder and CEO Ciara wanted to use a material for her product range that comforted the ladies wearing post op bras as opposed to the itchy, scratchy, uncomfortable bras currently on the market. Ciara came across bamboo and thought it sounded like a miracle material! There were no bras on the market in 2013 using natural fibres, not even cotton!

Not only is it sustainable, uses no fertilisers, pesticides or farm machinery it speeds up healing as its naturally anti-bacterial, highly absorbent and wickable, UV resistant, hypoallergenic and thermally regulating phew what a CV!!!













ABLE EXTREMELY

Ciara chose to use this amazing material for all our products but went one step further and decided to validate all those amazing properties scientifically. This led to a Research Masters and Clinical Study which looked at the physical and psycho-social aspect of what you wear for the first four weeks post surgery.

Our patented bamboo mix fabric is extremely soft and breathable. Since we only use bamboo that is OEKO-TEX Standard 100 approved, you can be sure that it is free of harmful substances and will be kind to skin, even sensitive skin!

Our fabric is proven to accelerate recovery post surgery as it is highly bacteriostatic.













BAMBOO v's COTTON

BAMBOO

needs nothing more than sunlight and rainwater to grow.



The production of a single Cotton T-shirt requires

2,700 litres of water the equivalent of 70 showers.





Bamboo plants are environmentally friendly, and its manufacturing process produces a far smaller carbon footprint.

No pesticides, insecticides or fertiliser are required to grow bamboo while cotton is responsible for no less than 11% of all pesticides and 25% of all insecticides used in the world.





Approximately
10 times more
bamboo can be
produced per
square metre than
can be produced
using cotton plants

CHOOSING THE RIGHT **PRODUCTS**





PEONY - ZIP

WHITE TL002C BLACK TL00002E NUDE TL0002H S-2XL

POST OPERATIVE

Breast/Chest Surgery Mastectomy/Lumpectomy Thoracic Surgery Abdominal/Pelvic Surgery Ostomy Transgender Surgery



Chemotherapy Radiotherapy Lymphedema

COSMETIC SURGERY

Breast Augmentation **Breast Reduction** Abdominoplasty Labiaplasty

MATERNITY

Pregnancy Postpartum Cesarean Section

SKIN COMFORT

Dermatological Conditions Sensory Autism Menopause Peripheral Neuropathy

LEAK PROOF UNDERWEAR

Menstruation Incontinence





BLOSSOM





PETAL BRIEF

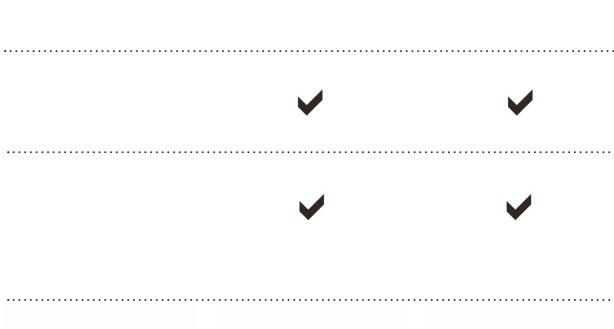
WHITE TL004D BLACK TL004C NUDE TL004B S-2XL



ROSE SHORT

WHITE TL022A BLACK TL022B NUDE TL022C S-XL







CHOOSING THE RIGHT **PRODUCTS**





LILY

RED TL003A BLACK TL003B S-2XL

POPPY

RED TL001A BLACK TL001B S-2XL







FLORA LINER

TL005B PACK OF 3

HAZEL DAY PAD

TL006B

PACK OF 3

HEATHER NIGHT PAD

TL007B PACK OF 3

POST OPERATIVE

Hysterectomy, Laparoscopy











MATERNITY

Pregnancy Postpartum Cesarean Section









LEAK PROOF UNDERWEAR

Menstruation Incontinence











PEONY HOOK & EYE

FRONT FASTENING BAMBOO POST SURGERY BRA
WHITE TL002D BLACK TL002F NUDE TL002G
SIZES S - 2XL (NUDE S-XL)

This medium support, front fastening, post surgery bra is wonderfully soft and comfortable, as well as beautifully feminine.

The bra is designed for women who have undergone breast surgery of any kind including breast reconstruction, breast augmentation,

breast reduction or breast lift.

- Mastectomy
- Breast Reconstruction
- Breast Augmentation
- Breast Pain
- Breast Reduction
- Thoracic Surgery
- Chest Surgery
- Transgender Surgery
- Menopause

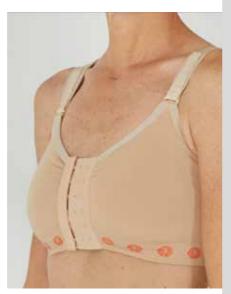
My Surgeon recommended the THEYA Healthcare Peony Bra and it is so comfortable...it soothes me. I'm delighted with it.

I've just ordered a second one in black!

SUSAN MAY,

Breast Cancer Patient

98%
customer
satisfaction
rating









96% say it meets post surgery needs well





PEONY ZIP

FRONT FASTENING BAMBOO POST SURGERY BRA
WHITE TL002C BLACK TL00002E NUDE TL0002H
SIZES S - 2XL (NUDE S-XL)

This medium support front fastening post surgery bra is wonderfully soft and comfortable, as well as beautifully feminine and is suitable for women who have undergone breast surgery of any kind including breast reconstruction, breast augmentation, breast reduction or breast lift.

It was designed as an alternative to our Hook & Eye for women who were suffering from numb finger tips after chemotherapy.

- Mastectomy
- Breast Reconstruction
- Breast Augmentation
- Breast Pain
- Breast Reduction
- Thoracic Surgery
- Chest Surgery
- Transgender Surgery
- Menopause

I am a breast care clinical nurse specialist and I work in a private hospital.

I have used THEYA Healthcare bras on all of our patients undergoing breast surgery. Patients gave us excellent feedback, they said how easy the bras are to put on even for the patients with reduced arm mobility post-operatively.

These bras have made a big difference to the patient's journey.

ALINA CARUNTU

Breast Care Clinical Nurse Specialist, Spire Bushey Hospital, Hertfordshire, UK.



Fabric

Minimal

97% recommend the Petal Brief to others.





PETAL BRIEF

PETAL BAMBOO BRIEF WHITE TL004D BLACK TL004C NUDE TL004B SIZES S - 2XL

Theya Petal Bamboo Medium Support Brief are specifically designed for those living with the challenges of a stoma, small hernia, incontinence or post-surgical wounds.

Theya Petal Bamboo Underwear feels like cashmere to the skin, and yet provides medium level support that is comfortable enough to be worn all day, every day without restricting the stoma.

These high-waisted seam and tag free support briefs are extremely comfortable and are designed to support the abdomen after surgery or to hold a stoma bag in place, meaning there is now no need for ostomy support belts. They have no seams or tags to irritate sensitive skin, scars or wounds. The bamboo material is odour resistant and reduces chaffing on the skin. The elastic free waist band also avoids irritation and gives extra support.

- Stoma/Ostomy
- TRAM/DIEP Flap Reconstruction
- Abdominoplasty
- Laparotomy/Laparoscopy
- Hysterectomy
- Dermatological Conditions
- Menopause
- Sensory Autism
- Postpartum
- C Section

These ultra comfortable briefs hold and support my ostomy bag extremely well. They come up high enough to cover the top of my ostomy bag and keeps it snug to my skin.

I'm very active and they work brilliantly under my yoga pants and workout gear.

ELAINE O'ROURKE

Ostomate.

ROSE SHORT

ROSE COMFORT BAMBOO SHORT WHITE TL022A BLACK TL022B NUDE TL022C SIZES S - XL

Our Rose Comfort Bamboo Short was designed for patients undergoing radiotherapy for pelvic cancers. The super soft, breathable fabric soothes any inflammation and the longer, seam free leg alleviates irritation to the groin area, frequently an issue following pelvic radiotherapy. It is also ideal to wear after pelvic surgery.

The Rose is also loved by those suffering from dermatological conditions and expectant Mums.

- Pelvic Radiotherapy
- Pelvic Surgery
- Pregnancy
- Sensory Autism
- Dermatological Conditions
- Menopause
- Hip Replacement
- Epidermolysis Bullosa
- Eczema
- **Psoriasis**
- Ichthyosis

I have Recessive Dystrophic Epidermolysis Bullosa, which means I have wounds covering 70% of my body. When I first tried THEYA Healthcare underwear I saw an immediate difference, they were so so comfortable, the softest clothing I'd ever tired, I felt like I had a second skin.

EMMA FOGARTY,

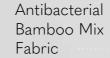
EB Patient and Debra Ireland Ambassador

77% Would recommend to a friend









Seam Free

Minimal Detailing

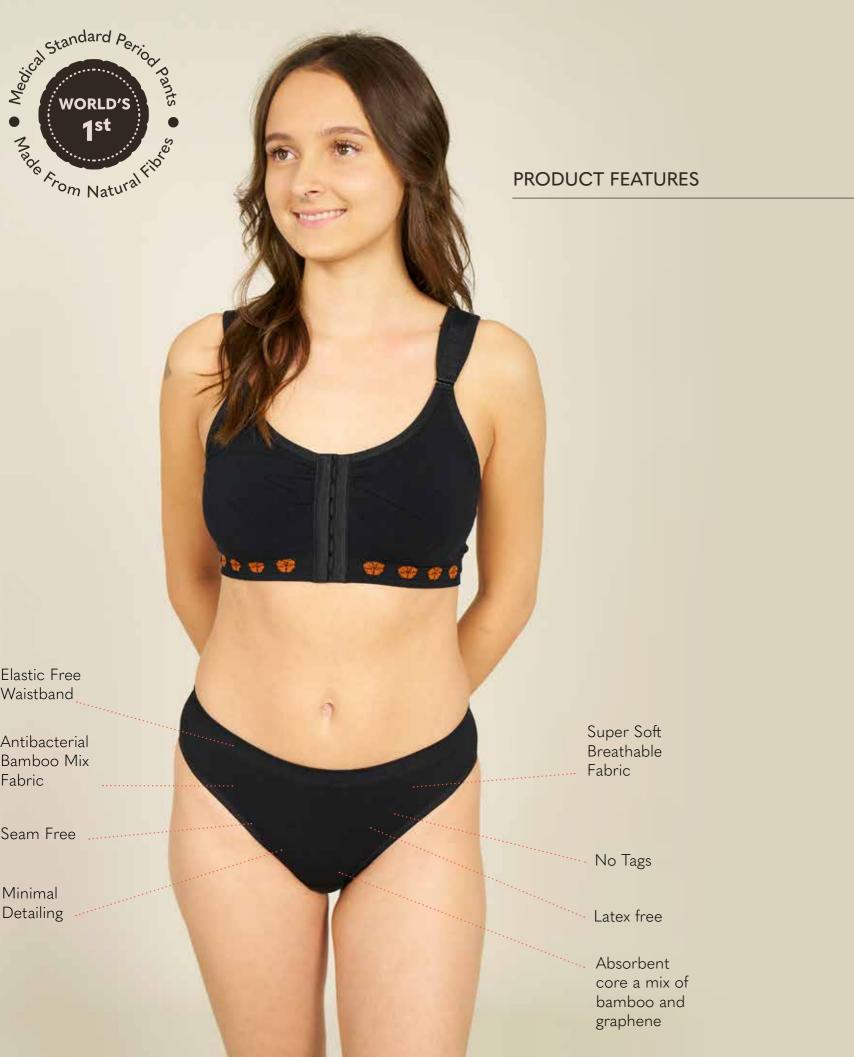


Super Soft Breathable Fabric

> Gentle Support

No Tags

Latex free



Elastic Free

Antibacterial

Bamboo Mix

Seam Free

Minimal

Detailing

Fabric

Waistband





POPPY BIKINI PERIOD PANT

LOW RISE PERIOD PANT

This wonderfully soft pair of low sitting briefs made from sustainable bamboo and graphene fabric offers you a pair of extremely comfortable and absorbent period briefs for while you are menstruating.

Suitable to be worn all day during all activities these lovelies will help keep you feeing cool, dry, odour free and supported while you bleed.

Periods Pants can be the perfect solution for anyone with sensory issues or with a learning or physical disability and can support teenage girls in maintaining Personal Hygiene independence.

- Holds up to 50ML's of blood = 5 regular tampons
- Feel cool, dry and odour free while you are wearing them.
- Bamboo and graphene both have naturally occurring anti-bacterial properties.
- Odour free
- Highly absorbent bamboo and graphene
- Machine washable at 40 degrees
- Can wash 100 times minimum
- The lighter coloured gusset helps to see the colour of menstrual blood which is a key indicator of health.
- Ease of use for any girl with a physical disability or sensory issues.

"These period pants from Theya are the comfiest I own and the most sturdy. They don't add any uncomfortable pressure to the stomach at a time when I am bloated, but can also trust them to stay in place and not leak if I have to head out. They also make me feel more normal and not like I am wearing a nappy, the way I do when wearing pads".

LILYFULL PERIOD BRIEF

HIGH RISE PERIOD PANT

This wonderfully soft pair of full briefs made from sustainable bamboo and graphene offers you a pair of extremely comfortable and absorbent period briefs for while you are menstruating. They come up to your belly button providing you with a feeling of comfort and support for those first few heavy days of flow.

Suitable to be worn all day during all activities these lovelies will help keep You feeing cool, dry, odour free and supported while you bleed. Periods Pants can be the perfect solution for anyone with sensory issues or with a learning or physical disability and can support teenage girls in maintaining Personal Hygiene independence.

- Holds up to 80ML's of blood = 8 regular tampons or pads
- Feel cool, dry and odour free while you are wearing them.
- Bamboo and graphene both have naturally occurring anti-bacterial properties.
- Odour free
- Highly absorbent bamboo and graphene
- Machine washable at 40 degrees
- Can wash 100 times minimum
- The lighter coloured gusset helps to see the colour of menstrual blood which is a key indicator of menstrual health
- Ease of use for any girl with a physical disability or sensory issues.

"They are the comfiest briefs I have ever worn not just period underwear! They feel so smooth and soft and honestly I could not feel the absorbent pad at all". TL003B BLACK SIZES S - 2XL









PRODUCT FEATURES

TL005B BLACK

FLORA REUSABLE PANTY LINER

SOLD IN A PACK OF THREE

Introducing our new reusable panty liners which can be worn at the beginning or end of your period. With wings using clips at the back to keep them in place you can be assured that all your flow will be captured and won't leak.

The mixture of sustainable bamboo and naturally occurring graphene ensures that all your flow will get absorbed quickly and leave no odour.

- Holds up to 30ML's of blood = 3 regular tampons or pads
- Feel cool, dry and odour free while you are wearing them.
- Bamboo and graphene both have naturally occurring anti-bacterial properties.
- Odour free
- Highly absorbent bamboo and graphene
- Machine washable at 40 degrees
- Can wash 100 times minimum
- 19 x 6cm's long.



HAZELREUSABLE MENSTRUAL DAY PAD

TL006B BLACK

SOLD IN A PACK OF THREE

Introducing our new reusable menstrual day pads which can be worn all through your period.

With wings using clips at the back to keep them in place you can be assured that all your flow will be captured and won't leak.

- Holds up to 50ML's of blood = 5 regular tampons or pads
- Feel cool, dry and odour free while you are wearing them.
- Bamboo and graphene both have naturally occurring anti-bacterial properties.
- Odour free
- Highly absorbent bamboo and graphene
- Machine washable at 40 degrees
- Can wash 100 times minimum
- 27 x 8 cm's long.



Standard Period Pg



TL007B BLACK

HEATHER REUSABLE MENSTRUAL NIGHT PAD

SOLD IN A PACK OF THREE

Introducing our new reusable night menstrual pad which can be worn every night of your period to ensure you do not have to get up in the middle of the night to change your product.

With wings using clips at the back to keep them in place you can be assured that all your flow will be captured and wont leak.

The mixture of sustainable bamboo and naturally occurring graphene ensures that all your flow will get absorbed quickly and leave no odour.

Holds up to 100ML's of blood = 10 regular tampons or pads, making this pad the most absorbent period product on the market!

- Feel cool, dry and odour free while you are wearing them.
- Bamboo and graphene both have naturally occurring anti-bacterial properties.
- Odour free
- Highly absorbent bamboo and graphene
- Machine washable at 40 degrees
- Can wash 100 times minimum
- 32 x 9 cm's long



The light grey colour enables you to see

the blood

OUR CREDENTIALS

- NHS SUPPLIER ENGLAND & WALES
- NHS DRUG TARIFF ENGLAND
- HSE SUPPLIER IRELAND
- GREENHEALTH EXCHANGE USA
- ISO 9001
- ISO 13485
- ISO 10993
- ISO 11498-1
- DESIGNED IN IRELAND BY WOMEN.
- MADE IN CHINA BY WOMEN.
- CE MARKED
- CLASS 1 NON STERILE MEDICAL DEVICE





















98% of customers highly rate our bras.

would recommend the Petal Brief to others.

HOSPITAL GROUPS





























SIZE GUIDES

PEONY - HOOK & EYE and ZIP versions

EU /	US /	FR	Α	В	С	D	Е	F	G	Н	K
UK/	AUS /	NZ	Α	В	С	D	DD	Е	F	FF	G
UK/US	FR	EUR									
28	75	60							S	S	S
30	80	65					S	S	S	S	М
32	85	70	S	S	S	S	S	М	М	М	М
34	90	75	S	S	S	М	М	М	М	L	L
36	95	80	М	М	М	М	М	L	L	L	L
38	100	85	L	L	L	L	L	L	L	XL	XL
40	105	90	XL	2XL							
42	110	95	XL	XL	XL	XL	XL	2XL	2XL	2XL	2XL
44	115	100	2XL		•						
46	120	105	2XL	2XL	2XL	2XL	2XL				

PETAL BRIEF / ROSE SHORT / LILY / POPPY

SIZE	S	М	L	. XL	2XL
UK	8-10	10-12	12-14	14-16	16-18
EU	36-38	38-40	40-42	42-44	44-46
US/CAN	4-6	6-8	8-10	10-12	12-14

TOP TIPS!

- 1. Ask the lady what dress size she wears as a starting point.

 If she says a size 10 then she is 32 and so on.
- 2. If in doubt choose a size bigger than you normally wear

THE SCIENCE



THEYA Healthcare's Post Surgery Range is made from a unique bamboo mix fabric. Bamboo fabric has been increasingly sought by consumers and retailers due its extremely soft nature as a fabric and being a renewable resource deemed more eco-friendly than cotton. Many companies market bamboo as being antibacterial, absorbent, breathable and with a high wicking ability but there was little evidence available to support these claims.

We sought to investigate these claims, while adhering to the textile industry's standards and obtained the results for THEYA Healthcare's bamboo mix fabric. The fabric testing was completed in the laboratory of University College Dublin Biomedical Engineering at the School of Mechanical and Materials Engineering and by BTTG, Shirley Technologies Limited, Leeds.

THEYA Healthcare's bamboo mix fabric was tested in comparison to 100% cotton, using two bacteria that mimic those most commonly found in SSIs, one Gram-positive (Staphylococcus Epidermis) and one Gram-negative (Pseudomonas Fluorescens).

CLINICAL STUDY

ANTI-BACTERIAL

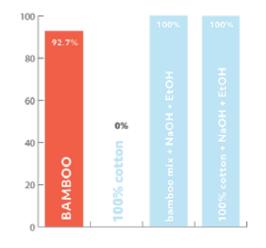
In the clinical setting, surgical site infections (SSIs) can occur following breast surgery and can deteriorate not only a woman's physical condition, but also her psychological condition, potentially increasing pain, length of hospital stays, length of recovery process and delaying adjuvant treatments.

Therefore, a bra that elicited a bacteriostatic effect would be beneficial to these patients. A study completed in the National Health Service (NHS) in the UK, studied patients for a period of thirty days post breast surgery and found there to be a 10.1% rate of infection present (Tanner et al., 2011).

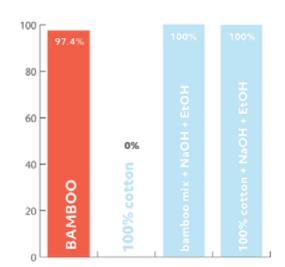
As per the international standard test method "AATCC TM 100: 2004 Antibacterial Finishes on Textiles" (AATCC, 2004), THEYA Healthcare's bamboo mix fabric was tested in comparison to 100% cotton, using two bacteria that mimic those most commonly found in SSIs, one Gram-positive (Staphylococcus Epidermis) and one Gramnegative (Pseudomonas Fluorescens). NaOH + EtOH is used as a positive control, to ensure a clear anti-microbial effect for the bacteria. As expected positive controls reduced all bacteria by 100%

GRAM-POSITIVE BACTERIA

THEYA Healthcare's bamboo mix fabric demonstrated an anti-microbial effect on Gram-positive Staphylococcus
Epidermis when compared to 100% cotton. Specifically, the results show a reduction of 92.7% of Staphylococcus
Epidermis in the bamboo mix sample, compared to 0% reduction for 100% cotton.



36



GRAM-NEGATIVE BACTERIA

The bamboo mix demonstrated a clear anti-microbial effect on the Gram-negative Pseudomonas Fluorescens bacterium compared to 100% cotton. The results show that the bamboo mix gives a reduction of 97.4% of Pseudomonas Fluorescens compared to 0% reduction for 100% cotton.



The pH test confirmed that the pH value of THEYA Healthcare's bamboo mix was 7 compared to a pH of 7.5 for 100% cotton. The pH of a fabric used for apparel should be between 4-7.5 (UKAS, 2016), this aids in reducing any possible kind of irritation the fabric may have on the skin (UKAS, 2016).

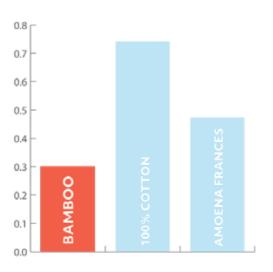
ABSORBANCY

Absorbency/Wettability The ability of an undergarment fabric to absorb large amounts of perspiration is vital for patients undergoing treatment for breast cancer, who may be experiencing hot flushes from chemotherapy or endocrine therapy or may have hot, inflamed, irritated or broken skin secondary to radiotherapy treatment.

Using the Laboratory protocol derived as per the "British Standard Method of Test for Wettability of Textile Fabrics, BS4554:1970", THEYA Healthcare's bamboo mix fabric demonstrated a superior absorbency/ wettability rate compared to both the 100% cotton and the Amoena Frances (90% cotton, 100% elastane).

Specifically, results show that the bamboo mix has the greatest absorbency at 0.3 seconds, compared to 0.74 seconds for 100% cotton and 0.47 seconds for the Amoena Frances (90% cotton, 100% elastane).

The bamboo mix has the highest wettability of the samples tested compared to 100% cotton fabric and the competitor garment time taken for water to wet the fabric specimen (s)



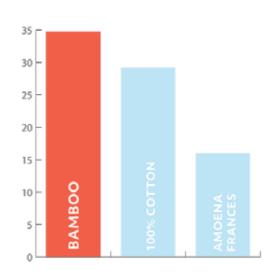
WATER VAPOUR RESISTANCE

In order to assess the breathability of THEYA Healthcare's bamboo mix in comparison to 100% cotton, the fabrics were evaluated using a test that simulates the heat and moisture transfer of the human skin, ISO 11092: 1993, "Textiles – Determination of physiological properties – Measurement of thermal and water-vapour resistance under steady-state conditions (sweating guarded-hotplate test)".

The fabrics were tested in a two layer assembly as post surgery bras generally have two layers of fabric given the inclusion of a breast form pocket. Water vapour resistance (Ret) is expressed in m².Pa/W and is a measure for breathability. The lower the score the more breathable the fabric. The bamboo mix double layer yielded a mean result of 10 m².Pa/W and the 100% cotton double layer a mean of 11.5 m².Pa/W.

These results mean that both fabrics are highly breathable.

This excellent breathability, combined with the superior horizontal wicking rate of the bamboo mix results in an improved level of comfort for patients, in particular those suffering excessive sweating as a result of their treatments.



SCIENTIFICALLY PROVEN TO EASE RECOVERY

As part of the clinical study carried out in UCD the breast cancer patients in four teaching hospitals across Dublin were given a Theya healthcare bra or a best in class bra (Anita or Amoena) the day after surgery. Then body image, health status and pain levels around the site of the surgery were measured for the first four weeks post surgery. As you can see Theya Healthcare's post surgery bra helped women feel better both physically and psychologically compared to Anita and Amoena's post operative bras.











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