



## Sister Lilian Report Seamless Light Support Panty

**Sister Lilian, leading pregnancy and parenting advisor and author, writes about pressure in the lower abdominal area in pregnancy and shares her perspectives on how an appropriate pregnancy panty can become a light support garment without losing fashion appeal:**

Pregnancy panties preferably need to fulfil three requirements – they must lend support to the growing belly while not impeding blood and nerve circulation, they must flatter an expectant mom's changing shape and they must not irritate her skin in any way.

In the second half of pregnancy, most women feel the need for some support of the abdomen, especially from below her 'bump'. She can lift her abdomen a little herself, or lean against her partner and allow him to offer temporary pressure relief, but in a busy schedule, that will not effectively improve this niggle of pregnancy for any significant time.

Underwear, apart from being functional, helps define how a woman feels about her femininity, Panties in pregnancy must look and feel good, emphasising the beauty of her changing shape. While offering support, they need to be like a second skin and beautiful to touch. Leg elastic should in no way cut into her skin, and the waist band should not curl, form a tight pressure band or slip down. Circulation of blood and nerve impulses must never be affected and the expectant mom should hardly be aware of her panties, other than knowing they feel comfortable and supportive.

Much like Carriwell's seamless light maternity support top is a bra and support band in one, so is the Carriwell light support panty a combined panty and abdominal light support band. It perfectly complements the Carriwell seamless maternity bra in style and attributes, with modern flair, sleek design that is easy to wear under sheer fabrics.

This panty supports a woman's changing shape perfectly and can be worn throughout pregnancy, from the time her 'bump' becomes prominent. The under-belly ribbing gives gentle but effective lift and support, relieving some of the discomfort of downward pressure. This ribbing continues to both the back and sides of the panty, ensuring snug support of these areas too, soothing some of the lower backache so common in pregnancy. There is similar supportive ribbing in the gusset which will help relieve some of the pressure on the labia in the event of varicose veins here. This also makes wearing of a perineal pad secure and comfortable. The slightly more substantial cotton texture of this section also ensures that the increased mucus discharge of pregnancy is discreetly managed.