MyFit™

by Biogel®

Mölnlycke®

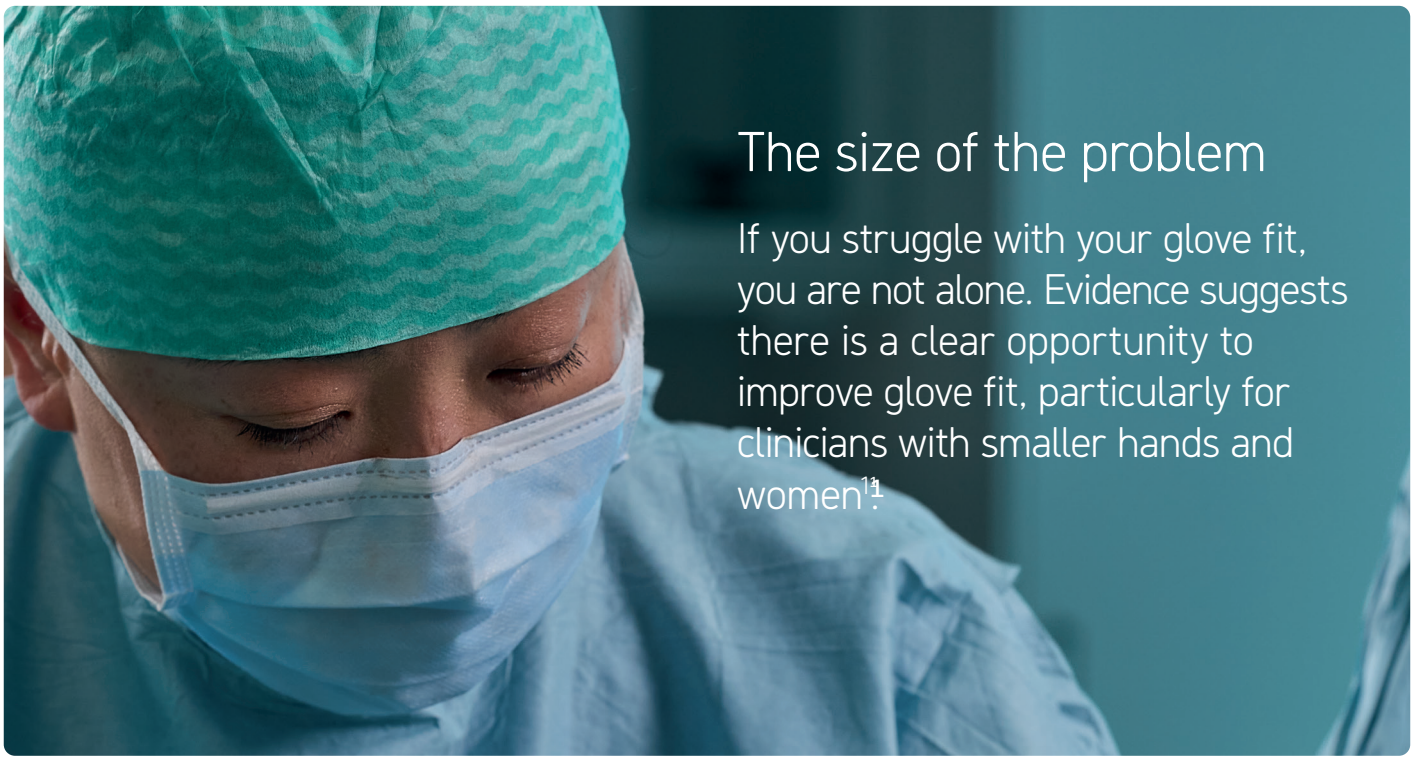


Is your team properly supported?

Introducing MyFit™ by Biogel® – Fit for progress

Why does fit matter?

Fit is the number one factor when choosing surgical gloves[1], yet discomfort remains common[2]. This may seem like a matter of personal preference, but glove fit actually affects safety, health and performance in the operating room[3].



The size of the problem

If you struggle with your glove fit, you are not alone. Evidence suggests there is a clear opportunity to improve glove fit, particularly for clinicians with smaller hands and women[1].

1 in 3

small-handed clinicians want more adequate or customised glove sizing[1].

44%

of women report that their current glove size is not a good fit[1].

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“Gloves are critical in my work. When they don’t fit, you have to adjust them constantly. It becomes uncomfortable, and the procedure takes longer.”

Dr. Daisy Schulten
Paediatric Surgeon, Germany

Better fit is not a “nice to have”

Good glove fit is not just about comfort. It is critical to safety and performance in the operating room[3]. Over time, even small compromises can impact individual performance, team efficiency, and ultimately patient outcomes[3].

Increased safety risk:



Glove perforation rates can increase by approximately 75% or more when gloves are too tight or too loose[5]

Implications on performance:



Wearing the wrong glove size can increase work time by 6%[6]



Poor glove fit can decrease manual dexterity[6]



Poor glove fit resulted in subjective decreases in performance and satisfaction for 50% of women[4]

Increased health implications:



Compared to male surgeons, female surgeons were 3.5 times more likely to receive treatment for their hands, including the wrist, thumb and fingers[21]

Show your people you care

Supporting your team starts with giving them the tools they need to perform at their best. By recognising glove fit as part of staff wellbeing, you can help create a more inclusive working environment where more clinicians' needs are met.

An opportunity to improve performance

Supporting the right glove fit will improve staff wellbeing while enhancing intraoperative safety by reducing fatigue, improving dexterity and lowering the risk of glove breaches[3].

Consensus recommendations on glove fit[7]

The importance of glove fit extends beyond individual preference. A global clinical consensus panel actually recommends a structured approach to glove fitting in surgical settings, including:

All members of the surgical team should undergo a **glove fitting** before scrubbing into the operating room for the first time.

Additional glove fitting should occur in the event of a manufacturer change and/or when elements of comfort or performance are impacted.

Appropriately fitting gloves of **variable sizes and styles** should be available to members of the surgical team, regardless of gender or race.





Times have changed. Glove sizes haven't.

Surgical gloves were designed when surgeons were predominantly men, and are therefore generally optimised for larger hand proportions.

But today's workforce is more diverse than ever, yet glove sizing has changed very little. Most sterile surgical gloves are still sized according to palm width, without considering finger dimensions.

"It makes zero sense for everyone to wear gloves designed for men, when around 50% of surgeons are women."

Dr. Sanna Kouhia
Surgeon, Finland

The first glove ever designed on true 3D hand dimensions[8]

Based on more than 50,000 data points, MyFit™ is designed to address real-world variation in hand dimensions and help more users find an appropriate glove fit[8].

MyFit™ is not about adding another product for the sake of it. It represents a long-term investment in staff wellbeing, surgical performance and inclusivity. Everyone deserves gloves that support performance, safety and comfort throughout a procedure. With MyFit™, you can help make that possible.

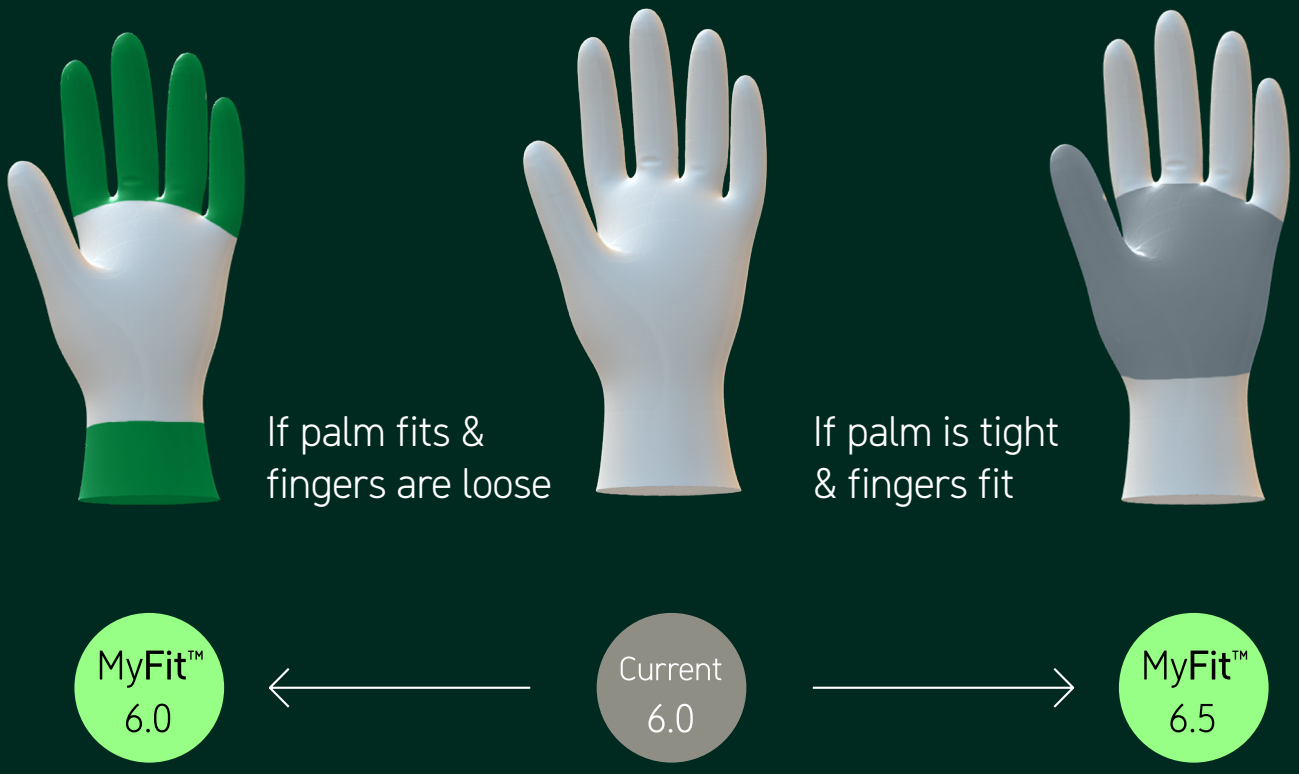
MyFit™ allows more users to achieve a better fit across both the palm and the fingers, without compromise[8].

60% of users wearing sizes 6.0–7.0 chose MyFit™ over standard gloves[9].

Consider MyFit™ if your team members experience any of the following:

- Fingers feel too long or too loose
- Gloves feel tight across the palm
- They size up or down to compensate
- They adjust their gloves during procedures
- They experience cramping, fatigue or reduced sensitivity

More size options for your team's perfect fit[4]



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Is MyFit™ right for your team?

Regular sizes	MyFit™ Overglove	MyFit™ Indicator® Underglove	MyFit™ Indicator® System
5.5			
6	6	6	6
6.5	6.5	6.5	6.5
7	7	7	7
7.5		7.5	
8			
8.5			
9			



This is how MyFit™ by Biogel® differs from regular sizes:

Shorter fingers

Slimmer fingers

Smaller cuff circumference

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Test your teams glove size

Discover whether more clinicians in your team could benefit from MyFit™. Contact your Biogel® representative to arrange a hand scanning session.

References

1. Dziak K, Otterhed K, Vigmo J. Fit for all! Surgical glove fit is critical to performance and needs improvement. Presented at AORN Surgical Conference & Expo; 2026 Apr 11-14; New Orleans, LA, USA. **2.** Sutton E, Irvin M, Zeigler C, Lee G, Park A. The ergonomics of women in surgery. Vol. 28, Surgical Endoscopy. Springer; 2014. p. 1051–5. **3.** Chatterjee A, Spratt DL, Enz A, Bah-Rösman J, Brindle CT. Hands Deserve Better: A Systematic Review on Surgical Glove Fit and Provider Performance. Vol. 14, Journal of Clinical Medicine. MDPI AG; 2025. **4.** Majeed H, Moss E, Majeed H, Byun JH, Altin E, Yanagawa B. Surgical gloves need a better fit: Promoting equity in operating rooms. Vol. 27, JTCVS Open. Elsevier, Inc; 2025. p. 223–30. **5.** Zare A, Choobineh A, Jahangiri M, Seif M, Dehghani F. Does Size Affect the Rate of Perforation? A Cross-sectional Study of Medical Gloves. Vol. 65, Annals of work exposures and health. Oxford University Press; 2021. p. 854–61. **6.** Drabek T, Boucek CD, Buffington CW. Wearing the Wrong Size Latex Surgical Gloves Impairs Manual Dexterity. Vol. 7, Journal of Occupational and Environmental Hygiene. Taylor & Francis; 2010. p. 152–5. **7.** Enz A, Boermeester MA, Chatterjee A, Coombs N, Dye L, Johnson P, et al. (in press) Hands Deserve Better: Global Clinical Consensus Recommendations on Surgical Gloving Practice. Journal of Hospital Infection. W.B. Saunders; 2026. **8.** Anthropometric Study Summary - Hand Dimensions Supporting Surgical Glove Sizing. Mölnlycke Health Care 2026. Data on file. **9.** User Acceptance Testing. Mölnlycke Health Care 2026. Data on file.



Find out more at www.molnlycke.com

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