

Patient Information

## Breast Care

# Lingerie Advice

The key to ensure that your prosthesis looks as natural as possible and is comfortable is a well-fitting bra.

It is a good idea to have your bra size accurately measured before you buy any new bras, as your size and shape may have changed due to treatment.

Once you have established your bra size, you may wish to try on different styles to see which bra feels best for you. There are various stockists and leading manufacturers of bras. As a suggestion, you may wish to take time out to visit local bra stockists or have a look at on line retailers.

Many high street shops have trained bra fitters. Below is a list of local shops, which you may wish to visit. The lingerie assistants are normally very helpful and sensitive to your needs, having undertaken specialist training.

**Marks & Spencer:** Rugby Town Centre: 01788 565177  
Coventry City Centre: 024 7663 1616

**Debenhams:** Coventry City Centre: 0844 561 6161

**Butterfly Bras:** Coventry City Centre: 024 7663 3898

[www.amoena.co.uk](http://www.amoena.co.uk) Tel 0345 434 7334

[www.nicolajane.com](http://www.nicolajane.com) Tel 0345 265 7595

A prosthesis should fit snugly into the cup of an ordinary bra, but some women may feel more secure with a bra which has a pocket in the cup to hold the prosthesis. You can buy mastectomy bras in selective lingerie shops, or by mail order catalogues. Please ask your Breast Care Nurse. Alternatively, you can adapt an ordinary bra by sewing in a pocket.



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When selecting a bra it is important to choose a style which has:

- A firm, elasticated edge to the cup, which will hold your prosthesis securely in place.
- Good separation between the cups, to prevent your breast prosthesis travelling inwards towards your other breast.
- A deep central panel between the cups to hold the prosthesis securely in the cup.
- Elasticated, adjustable straps to provide comfort and support.

### **At the fitting clinic appointment**

**If prior to attending the fitting clinic you are unsure of the bra required the fitter will help you. She will provide you with advice and choice of bras at your appointment. Should you wish to buy further lingerie, the fitter will advise you.**

For your fitting appointment, we recommend that that you wear, or bring with you, a well-fitting bra if you have one, and a plain T-shirt or blouse without any pockets or patterns. This will help you choose a prosthesis that gives you a smooth outline.

The fitting of your silicone breast prosthesis may require more than one visit due to individual requirements and stock availability.

**If you require any further information or advice after reading this leaflet, contact the Breast Care Nurses:**

University Hospital  
Breast Screening Unit  
Ground Floor - West Wing  
Clifford Bridge Road  
Coventry CV2 2DX  
**Tel: 024 7696 7089**

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact us and we will do our best to meet your needs.

The Trust operates a smoke free policy

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