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PLASTIC & RECONSTRUCTIVE SURGERY

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Bra Selection Following Breast Reconstruction Surgery

After breast reconstruction surgery, you will be wearing a bra 24 hours a day, 7 days a week, except to shower. A supportive bra will minimize the risk of a seroma (fluid collection) as well as support the process of breast remodeling—including shape and position. For many women, the right bra post-operatively will also improve comfort.

When considering the right bra, you will look for a bra that does not "sit" or "rub" along incisions—especially if you have an inframammary (under the breast) incision. A longer line (the distance from your axilla to below your breast) will be best. A full coverage bra that will not leave a "pressure mark" or "seam" on your breasts is preferred.

Please avoid any bra with an underwire, a "demi-cup" or deep "V" bra at this stage of recovery.

The bra fit should be comfortable—not too loose or tight, and the fabric will need to be more "dense" than a lightweight camisole. You may choose a bra that opens in the front or the back.

You are encouraged to bring a few bras that you have selected to a post-op appointment (after drains have been removed) for recommendation.

Each woman is unique, however attached are a few recommendations for the type of bra that may work best for you.

Links to websites:

https://shopcoobie.com/ ≈$25 and up → available through website, Walmart, and Amazon
https://www.anaono.com/products/leslie-soft-support-leisure-bra ≈$35
https://www.amazon.com/woweny $30 and up → available on Amazon
https://www.mastectomyshop.com/brands/Classique.html ≈$50 → available on Amazon
https://www.amoena.com/us-en/# ≈$50 and up → available at Kohl's
https://www.anita.com/us/anita-care/mastectomy-bras.html ≈$65 and up
https://www.parkmastectomy.com/category/Mastectomy-Bras.html → affordable, have lots of companies to choose from, have plus size available