

# Checkpoints ...

for the best fitting bra ...

Remember, a breast form is only as good as the bra that carries it. It is important to choose a bra style that will adequately support the weight of your breast form and hold it securely against your body. After breast surgery, we always recommend being professionally fitted for your bra and breast form. However, as your body changes so does your bra size, so you should check your measurements from time to time, particularly following weight loss or gain. Here's how to do it:

Difference (inches)	Cup Fitting	Difference (cm)
-1"	AA	8/10
0"	A	10/12
1"	B	12/15
2"	C	15/18
3"	D	18/20
4"	DD	20/23

## Bra Size (1)

To find your BRA SIZE, measure all around the body, underneath the bust.

### Imperial

If the measurement is an EVEN number add 4 inches, e.g.  $30'' + 4'' = 34''$  Bra Size.

If this measurement is an ODD number, add 5 inches, e.g.  $29'' + 5'' = 34''$ .

### Metric

Round up or down to the nearest multiple of 5. e.g.

Measure 78cm to give Bra Size = 80cm. Measure 83cm to give Bra Size = 85cm.

This final measurement is the Bra Size.

## Cup Size (2)

Measure over the fullest part of the remaining breast, from the centre of the spine to the centre of the sternum.

Multiply this measurement by two.

**Imperial** e.g. measurement of  $18'' \times 2 = 36''$ .

**Metric** e.g. measurement of  $48\text{cm} \times 2 = 96\text{cm}$ .

The difference between the first measurement (bra) and the second (cup) determines the Cup Size.



### Bra is too small if...

The **Bra Size** is too small if the underband feels too tight when you take a deep breath. (3)

The **Cup Size** is too small if the breast or breast form bulges visibly at the front or underarm, or if the bra twists and pulls to one side (3). Try a larger cup size or a style with a higher centre piece or deeper sides to contain the breasts fully.

### Bra is too big if...

The **Bra Size** is too big if the underband rides up at back or the sides feel too loose.

Try a smaller bra measurement as needed. (4)

The **Cup Size** is too big if there are wrinkles or excess fabric in the cup area, or if the breast form can move around loosely. Try a smaller cup size, or a larger / different shape breast form if your natural breast fits the cup properly. (5)

### Underwire Bras

If you have worn underwire bras before your surgery, you may want to continue wearing this style. Underwire bras provide good separation and support for full figures, and offer additional lift and definition for smaller busts. If you have chosen an underwire bra, the wires should lie flat against the body – if they dig under your arm or stick out at front, the cup size is too small.

The key to a successful fitting with underwire bras is the shape of the breast form itself. Symmetrical shapes with a rounded base will fit best but some other shapes can be rotated to fit properly within the wire. If you like wearing underwire bras and want to continue doing so, try to look for a good fitting symmetrical breast form such as the Harmony Silk Triangle, Harmony Silk Flex or the Harmony Silk Radiance.

Remember, the measuring tape is only a starting point – although two women may have the same measurements, their breasts may differ in terms of volume, shape and spacing. Different brands will also vary in terms of size and fit. Do not rely too much on the tape measure; use your judgment to make the final decision.



## Features to Look for in a Bra

**Depending on your surgery, bra size and prosthesis type, you may feel more comfortable wearing a bra that includes some of the following design features.**

1. Wide, padded shoulder straps
2. High Centre Front fabric
3. Full Cup Coverage
4. Good separation between cups
5. Generous underarm support
6. Elastic binding around neckline
7. Pockets in soft breathable cotton
8. Supportive Underband
9. Two or more hook fasteners at back (not visible)