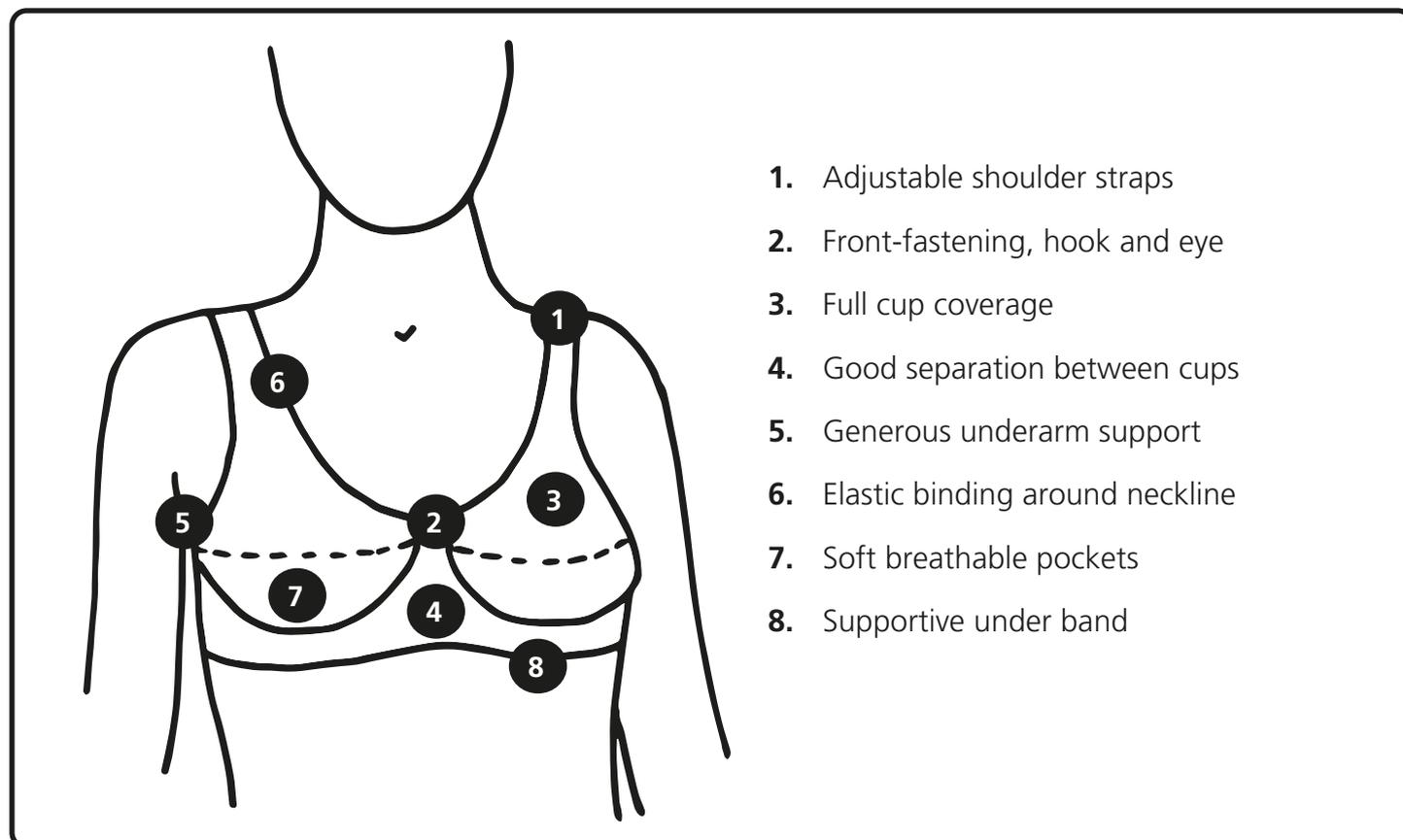


# Supportive Underwear List

Buying a supportive bra can be quite a challenge as there are many different styles available. The list we have compiled will hopefully give you an idea of what you should be looking for and what we would recommend post-reconstruction/post-surgery. The prices will vary (prices based on Sept 2020). The main features of a bra will also vary, with some including pockets for a prosthesis, front or back fastening and the depth of the band around the bra itself. We would ask you not to purchase a sports bra that goes on over your head (racer back style) as with some surgical procedures we will need you to restrict your arm/shoulder movements. Where possible, please avoid buying a zip fronted bra. These can be difficult

to fit post-operatively, particularly if you are very swollen. Essentially, the bra you choose needs to provide adequate support for the breast and be comfortable to wear night and day for around 6 weeks following your surgery. The diagram below identifies the features that we ask you to look for when buying your post-op bra.

If you are having abdominal based reconstruction (or lipofilling), you will need to purchase some firm support pants which come over your tummy button and support the whole of your tummy. We would advise that you wear these day and night for 6 weeks following your surgery. You can wear cotton pants underneath them so that you do not need to change them every day.



1. Adjustable shoulder straps
2. Front-fastening, hook and eye
3. Full cup coverage
4. Good separation between cups
5. Generous underarm support
6. Elastic binding around neckline
7. Soft breathable pockets
8. Supportive under band

## Marks and Spencer

You may find a suitable bra in the 'sports bra' section. This will need to be front fastening, ideally with a hook and eye so extenders can be used when required.

## Debenhams

You may find a suitable bra in the 'sports bra' section. This will need to be front fastening, ideally with a hook and eye so extenders can be used when required.

## THEYA Healthcare

- Front fastening comfort bra (Peony)  
Medium support, hook and eye fastening  
Approximate cost £45-£55  
Available from Theya, Amazon, Cancer Research shop on-line, John Lewis  
Recommend Black  
XS-XXXL

## Royce

- Front fastening 'Comfi-Bra'  
Hook and eye  
Popper fasteners  
Available in black and white 32B-44DD
- 'Blossom'  
Back fastening  
Option for crop top or plunged neck line  
Suitable for asymmetric breasts but not for immediate post-op period  
Available from 32C-42H cup

## Because

Because is a specialist shop in Exmouth who offer bra fitting by appointment. (They are a wheelchair friendly shop and also offer home fittings by arrangement). They have a range of post-surgical bras. Lizz 07735 335689 or Lin 07720 243561

## Bra Extenders

Bra extenders available from M&S, Waitrose, John Lewis, Amazon or online. We do have a supply of bra extenders kindly donated to us from the Breast Cancer Support Fund that are available for a small donation.

## Compression Belt

Your surgeon may recommend that you purchase a compression belt ahead of your reconstruction. These are available from [www.amoena.com](http://www.amoena.com) and cost approximately £15. We only use these occasionally and your surgeon will request this if he/she feels it is necessary.

## Amoena

- Front fastening cotton bra (Frances) (32-50D)  
Hook and eye fastening  
Style code 2128  
Various colours available
- Non-wired front fastening cotton bra (Fleur)  
Hook and Eye fastening  
Adjustable straps  
Style code 44671 (nude) and 44672 (white)
- Front fastening cotton bra (Hannah)  
Hook and Eye fastening  
Adjustable strap  
Style code 2160 (white)  
XS A/B and C/D to XL A/B and C/D
- Front fastening sports bra (Ester)  
Hook and eye fastening (adjustable)  
Style code 42576 (white) 42477 (black)
- Compression bra (Sarah) 34A-46D  
Front fastening hook and eye (adjustable)  
Style code 0778 (white) 0779 (black)
- Soft cotton front fastening bra (Theraport)  
Hook and eye  
Adjustable velcro straps  
S-XXL available  
Suitable for immediate post-op period and radiotherapy treatment  
White only Style code 2161

## George at ASDA

- Post-surgery Comfort Bras (Nylon)  
Front fastening hook and eye (2 options)  
Two-pack (Black and White)  
Non-adjustable strap  
S-XL  
£15 for two but not always in stock