



Anne Dancey  
PLASTIC SURGERY

## Capsulectomy Compression Garments

### Why should I use a medical compression garment?



It is essential that the bra worn during the recovery period provides targeted compression, to reduce swelling and to help shape the breasts and form a pleasing contour.

Compression garments and bras need important features like flat, non-marking seams, inner panels that provide the targeted compression necessary during healing, and no labels or anything that will irritate your skin during extended wear.

You will need to purchase 2 bras to bring into hospital with you, so you can wash one and wear one. I recommend [Veronique](#) compression garments. They can be ordered online and are sent by next day delivery.



Patients who are having silicone implants should purchase the [allyssandra 2" band cotton knit bra](#).

Patients with polyurethane implants should purchase the [georgette fully adjustable implant stabilising bra](#). This bra has a strap at the upper pole of the breast to maintain the position of the implant as it settles.

I would recommend that you wear a support bra for 6 weeks following your surgery.



I hope you find this information useful. If you have any questions or require a little more information then please do not hesitate to [contact me](#).



Anne Dancey

Plastic and Reconstructive Surgeon