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.

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. You should purchase the allyssandra 2" band cotton knit bra.

I would recommend that you wear this for 4 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

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