Mastopexy and Breast Reduction Bras

Why should I use a medical bra?

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 bras. They can be ordered online and are sent by next day delivery.

Patients who are having an implant with the mastopexy should purchase 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.

Patients who are not having an implant or who are having a breast reduction should purchase the https://esshop.co.uk/product/allyssandra-2-band-cotton-knit-bra/.

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
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