



Anne Dancey
PLASTIC SURGERY

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

Plastic and Reconstructive Surgeon