

Mastopexy Compression Garments

Why should I use a medical bra?



You must wear a support bra worn during the recovery period from mastopexy because it provides targeted compression, to reduce swelling and to help shape the breasts and form a pleasing contour.

It is important that your compression garments and bras include features such as flat, non-marking seams, inner panels that provide the targeted compression necessary during healing, and nothing that will irritate your skin during extended wear, (i.e. labels).

You will be advised to purchase 2 new bras prior to mastopexy surgery. If required, my nurse can size you in clinic and advise you as to which garments to purchase. I recommend **Veronique** bras. You can either buy these from the Hospital before surgery, or alternatively, we can provide you with the supplier details, should you wish to obtain your own.

I would recommend that you obtain 2 garments, as you will want one to wash and one to wear. The support bra needs to be worn day and night for 6 weeks after surgery, although you can remove them for washing.

If you would like to speak to me or the clinic, please call 345-946-0067 between 8.30am and 4.30pm (Mon-Fri). Alternatively, please email office@caymansurgery.ky or go to <https://www.caymansurgery.ky/contact>.



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

Dr Anne Dancey

Plastic and Reconstructive Surgeon FRCS(Plast), MBChB(Hons), MmedSci(Hons) and MCh(PASP)