



Anne Dancey
PLASTIC SURGERY

Breast Implant Tissue Expander Post-Operative Bras

Why should I use a medical bra?



It is essential that the medical bra worn during the recovery period 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).

My nurse can size you in clinic and advise you as to which garments to purchase. I recommend **Veronique** bras with a strap at the upper pole of the breast to maintain the position of the breast implant as it settles. 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.

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Dr Anne Dancey

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