



In search of the perfect bra...

After a lumpectomy, one of the best things you can do for yourself is wear a supportive bra *diligently*. This means you'll wear the bra **day and night for the first 48-72 hours** and *any* time you are out of bed after that for at least 3-4 weeks.

This bra is going to be ***your breast's best friend*** for a while. Gentle compression will limit swelling and bruising and the support will minimize pain and discomfort.

This bra could be a high-impact sports bra you already own or a post-surgical bra that you purchase. As long as it is comfortable (so you actually wear it) and it prevents jiggling, jostling, and sagging, then it will work.

Many women prefer bras that zip or clasp in the front but that's not a requirement. And, avoid underwires: they don't add anything in terms of support after surgery.

I recommend having **two** bras dedicated to your post-surgery recovery time so that one can go in the wash while you're wearing the other.

Here are some ideas to help you get started on your search for the perfect supportive bra...

Ma Cherie et Moi

2416 Magowan Drive,
Santa Rosa. (Montgomery
Village) 707-573-1103
Personalized fittings.

CureDiva.com

Mastheadpink.com
for online shopping of
post-surgical bras and
more.

Target

usually carries a
decent selection of nice
looking sports bras at low
prices (variety of locations
in Petaluma, Napa, etc.)

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