

# Bra Information for Breast Surgery

One of the most important things you need to prepare yourself for your upcoming breast surgery is a supportive bra. You can choose a bra that is most comfortable for you if it has the following:

- NO underwire
- Supportive and firm cup
- Preferably not a crop (pull over head style)
- Can be front or back fastening
- Sports bra are also fine so long as you find it easy to take it on and off

Every patient diagnosed with breast cancer is entitled to ONE post op/mastectomy bra from the Breast Cancer Network Australia.

The breast nurse specialists can order you this bra from the BCNA so long as you provide your bra size, name, address, DOB and mobile phone number.

Either email or text/call details to Breast CNS:

Helena Lee

helena.lee@lh.org.au

0428 365 829

or

Roan Misoles

roan.misoles@lh.org.au

8514 0867



Places where you can buy suitable bras:

- Target /Kmart/Big W
- Professional fitters:  
Act 3 (Balmain) and  
Leila O'Toole (City)
- David Jones and Myer

You may wish to purchase some more bras so you can wash one wear one.

You can find bra's marked "post surgery" which are great, however, any bra that fulfills the above criteria and is comfortable will be fine.

You will wear this until your first post op appointment and then you can check with your surgeon on how much longer he/she would like you in this bra (usually between 2-6 weeks depending on type of surgery).

Please bring your bra to hospital with you on the day of surgery and wear it day and night until your post op appointment. If you have had a simple mastectomy then a bra does not need to be worn unless you want to wear it.