



# Questions to Ask Your Mastectomy Fitter

## 1 Can I swim with my prosthesis?

*Yes. There are swimwear options for you to choose from, so you are able to swim. We can also fit you in a swimform breast prostheses if you are a swimmer, bathing suit for your summer and winter get-away needs and fluffs (pillow type forms) to sleep in.*

## 2 What if the bra doesn't fit?

*There's nothing more uncomfortable than a poor fitting bra. That's why we take more time than most places to assure you are fit properly and comfortably. Our fitters are Certified Mastectomy Fitters. We usually start with a bra size, but as we all know what the package says and what the fit really means can be two different things. We will do several measurements and recommend a few different bras. Some run large while others run small, so plan on spending a good hour with us to be measured and fitted. And if it doesn't fit? Call us within a week and we'll have you come in and get remeasured and refitted. Unlike other places, we'll only give you a six month supply of bras based on what your insurance covers. We do this in case you lose weight and your size changes. If your size remains the same, we'll send out a reminder card to you and all you have to do is call us and we'll reorder for you.*

## 3 I've had a bilateral mastectomy and need forms. What do I do?

*Call us and we'll schedule an appointment to meet with a certified Mastectomy Fitter. We'll measure you and try out a few different sizes of breast prosthesis (breast forms) to see which one appeals to you and fits the best. Remember, if you've had a bilateral, you can now become any size you wish! We'll talk to you about your lifestyle and offer different weight forms for your activity level and comfort level. Then we'll measure and fit you in a mastectomy bra.*

## 4 I've had a mastectomy and now have some swelling and soreness. The doctor has recommended a compression bra with padding. What can I expect?

*A compression bra is just that, a bra that keeps pressure against your chest wall. It can help reduce the pain and swelling associated with lymphedema or edema. We can measure you for your bra, make sure it will fit your breast form/prosthesis and then one of our compression/mastectomy fitters can customize it by adding in padding called swell spots to areas that are more tender. You'll find that wearing a compression bra is quite beneficial and pain relieving.*

## 5 I'm very nervous about being measured and fit. I'm a little shy. What can I expect?

*Our location has a "Mastectomy" room that is equipped with bras, breast forms, and other items specifically for women who've undergone surgery for breast cancer. We will take you back, measure you with your clothes on and if needed, offer you a dressing gown/robe that is lightweight for measuring. We'll leave the room as you try on your bra and we have a privacy screen for you. We check you by having you put on a silk robe. This gives us both a chance to check the symmetry and fit of your prosthesis and bra against a silky fabric that shows off any bumps. We understand what you are going through and welcome any special requests. If you'd like to bring a friend, that's fine too! We want to make this experience a pleasant one for you.*



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## 6 I'm getting ready for surgery in a few weeks and have been prescribed a Surgical Camisole? What is that and what should I do?

*A surgical camisole is a camisole that has pockets to hold the drains from your surgery, is easy to get on and off, and has a pocket for a form. Since you may want to go out and about when you are able, but still have the drains, this garment allows you to be clothed and have the drains secured and hidden. Also, the camisole can hold a "Fluff" or Puffy form. These are little pillows that fit where your breast prosthesis will eventually go once you have healed. These are nice in that you can wear them during the day (they are lightweight and comfortable) and you can wear them at night. (Many women find it comforting to have something between their chest wall and their clothing).*

## 7 I'm going to lose my hair because of Chemo. What can I do?

*Discuss this with your doctor. Based on the type of medications you will be taking your doctor and Patient Navigator will be able to walk you through the process that will occur that is specific to you. Know that we can help with suggestions for creams to ease the irritation of hair loss, sleep caps to help keep your body heat constant at night, fashionable caps to wear during the day, as well as other hair options. Some people want to wear baseball caps. We have them with hair around the edges called "halos". This allows you to wear a cap which can be cooler than a wig in the summer, but have some hair wisps around the edges so no one is the wiser about your hair loss. We carry wigs at our boutique locations, but can have them brought in to any location. Talk to your patient navigator and our fitters to have them brought in for you. There are also eyebrow fixes, human hair and synthetic wigs and other options for you to learn about. We also teach and are part of the American Cancer Society's "Look Good Feel Better" Program. Ask us about it. Or talk to your Patient Navigator.*

## 8 What should I do to prepare for my fitting?

*To be fitted for breast forms and/or bras a referral and/or prescription are required prior to your fitting in order to bill insurance on your behalf. Our fitter will first do a consultation with you to get background information and answer any questions you may have.*

*A scheduled fitting can take between 45 minutes to an hour. You will be shown the prosthetics and garments we have to choose from and can even try them on with your clothing to make sure they work well for you.*

*Before a fitting you will be asked questions so that your fitter can get you in the best possible bra or prosthetic. **You should be prepared for questions such as:***

*How long has it been since your surgery?*

*What type of insurance do you have?*

*Are you currently wearing a breast form?*

*When did you last purchase a breast form?*

*Do you have any allergies?*

*What are some of your favorite activities?*