

Finding the Right Bra After Surgery



WHO WE ARE

At **Janice Rose Lingerie**, our team of expertly trained fitters provide personalised guidance to help you find the perfect bra. We focus on **comfort, support** and **confidence** - before and after cosmetic or breast cancer surgery.

BEFORE YOUR SURGERY

- **Think ahead** - It may be helpful to explore post-surgery bra options before your operation.
- **Ask your hospital breast care team** - They may have specific recommendations based on the type of surgery.
- **Comfort first** - Choose soft, wire-free bras with front-fastening styles. These are easier to put on and kinder to healing skin.

AFTER YOUR SURGERY

- **Different options available** - Post-surgery bras are designed to suit different types of breast surgery.
- **Your first bra** - should be **non-wired, soft, and breathable** with a **front-fastening design** for ease of wear and **wide straps** for comfort and support.
- **Prosthesis-friendly styles** - many bras include discreet pockets for prosthesis if required
- **Get refitted** - Your body may change after surgery due to swelling. A **professional fitting** ensures your bra supports you gently without pressure or rubbing.





Scan to make a booking



Expertly trained fitters offering care, comfort and confidence before and after surgery

IMMEDIATELY AFTER SURGERY

- Choose **front-opening bras** for easy dressing.
- Opt for **soft, non-wired fabrics** to protect sensitive skin.
- If advised by your surgeon, wear a **compression style**.
- Look for designs with **space or discreet pockets** for drains.

FINDING THE RIGHT FIT

- Select **wide, cushioned straps** to ease pressure on the shoulders.
- The **band should feel secure but never restrictive**.
- Avoid **seams that sit directly on scars**.
- Visit a **specialist bra fitter** - sizes and fits vary greatly between brands.

FITTING ROOM TIPS

- Relax and take your time.
- Be open minded to new and different styles.
- Try several **brands and sizes**, the perfect fit may surprise you.
- Sit down and move your arms while wearing the bra to test for comfort in different positions.

GENERAL ADVICE

- Independent fitters often carry **niche brands** that hospitals and chain stores don't stock - giving you more flexibility and choice.
- Avoid underwires until healing is complete.
- What feels snug immediately after surgery often softens into comfort as your body heals.



One to one personal consultations

Booking is always advisable

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Free Parking Available



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