



Touching Lives. Making a Difference.

108 Chelsea Grove Court • Pasadena, Maryland 21122 *Satellites:* Salisbury • Berlin
410-255-0800 (phone) • 410-255-3522 (fax) • www.fittingsbymichele.com • requests@fittingsbymichele.com

Thanks for choosing *Fittings By Michele* for your breast surgery needs. We hope that your fitting consultation has been a positive experience. Wearing your new breast form will help you to experience a more balanced self, both physically from the weight of the form and emotionally by the return of self-confidence.

If this is your first weighted breast form, unless directed otherwise by your physician or your fitter, begin by wearing your breast form 1-2 hours the first day and gradually increase your wear time over the next week until you are able to wear it all day. Decrease your wear time if you experience any redness, soreness or swelling. (During radiation treatment, you may be advised to not wear your regular prosthesis and bras...ask about our camisoles & leisure prostheses).

It is important to wear your breast form the majority of the time that you are up and moving around, even if you are just around the house. A weighted breast form helps the body maintain proper balance, which may help alleviate or prevent problems with the back, neck, shoulders and posture, as well as swelling in the chest and/or abdominal area.

It is important to have your fitting checked once a year. The body changes after surgery and treatment, as well as with age or change in weight. Breast forms come in many sizes and styles to accommodate your changing needs. For these reasons, most insurance companies will allow a fitting once every year **or when a change is documented.**

Due to health department regulations, we cannot accept returns on breast forms, bras, swimwear and lymphedema garments unless there is a manufacturer's defect.

If you should have any questions or concerns about your fitting and/or your purchases, please call us immediately. We will be happy to help you in whatever way we can.

BREAST FORM CARE

- After each wear, gently hand wash your form using warm water and mild, oil-free, perfume-free cleanser. Do not use a detergent. We recommend *Tru-Kleen Wash*. Rinse & pat dry with a towel
- Store your form in its box or case
- Avoid sharp objects and sand
- Avoid extreme heat (hot tubs, whirlpools, saunas can damage the silicone). Ask us about the Swim/Leisure Form for swimming, hot tub, exercise & gardening (covered by some insurances)
- Cotton covers are available for some breast forms. If you are wearing your prosthesis in a non-pocketed bra or if your breast form causes you to perspire, you may want to use a cover.

BRA, CAMISOLE AND SWIMWEAR CARE

- Wash after each wear using gentle cycle or by hand, using lukewarm water & a mild fabric cleanser. Do not use a detergent, bleach or fabric softener, as these will shorten the life of elasticized garments. *Tru-Kleen Wash* is designed to cleanse elasticized garments thoroughly and safely. *Do not allow swimwear to sit & soak without pre-rinsing chlorine out of suit.*
- Air-dry. The dryer damages the spandex fibers and shortens the life of your garment.
- Allow your bra to rest for 24 hours before wearing it again. This allows the fibers, which stretch during wear, to return to their original shape and will increase the life of your bra.
- Replace bras when they start to lose their elasticity. A bra that is stretched out or too large will allow the breast form to gap away from the chest wall, feeling heavier & putting more weight on the neck, shoulders & back. The proper fitting bra will allow the breast form to hug the chest wall and will feel lighter & balanced.

Bra size should be checked at least once a year or with change in weight. Size should be checked if the band is too loose or too tight, if the bra is off center, if the natural breast is no longer fitting the cup correctly or if the bra is not keeping the breast form close to the body.

OTHER PRODUCTS

- **Swimwear** – pocketed to accommodate breast prostheses
- **Compression Garments** for lymphedema or vascular disorders – Ready-made & Custom
- **Wigs, Hats and Scarves**
- **Skin Care, Deodorant, Hair Care, Cosmetics and Weight Loss** – Botanically-based, Pure, Safe, Beneficial
- **Fashion Pocketed Camisoles, Sports and Leisure Wear**

Special Instructions: