

# Finding the Perfect Mastectomy Bra

The idea of shopping for bras can be an incredibly daunting task for any woman, but especially so if you've had a Mastectomy and are adjusting to changes in self image. The physical healing from a mastectomy can be less complicated than the emotional healing, which can be a long process of learning to love your body again. A common theme is, "I just want to feel whole again." Wearing a bra that's right for you is one of the first steps that can aid with healing and recovery.

It is easy to be overwhelmed looking at the many styles of Mastectomy bras available. According to local retailer Nightingale Medical, you should take time to explore all the different styles of bras available on the market today. Knowing the benefits of particular bras can help make your decision a little easier.



A **camisole bra** comes up higher on the chest wall to help camouflage any scarring that would otherwise be visible. Some styles have the added benefit of lace, which adds a touch of elegance.



Another style of bra that has a camouflaging effect is the **molded cup bra**. Since the cups of this bra are formed and molded, it makes a partial removal far less noticeable.

Some women prefer a **leisure or athletic style bra**. There are many benefits to these types of bras: breathability of material, front closure, and racer back designs.



A traditional bras is not for everyone though, and in those cases there is also the option of wearing a **top with a built in shelf bra** instead.

Having a Mastectomy procedure is no small feat, and a woman should feel encouraged that there are a myriad of bra choices available. Consulting with a Certified Mastectomy fitter who can help you find the right bra style and fit will be time well spent. Rest assured that you will find the perfect bra that makes you feel beautiful.





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