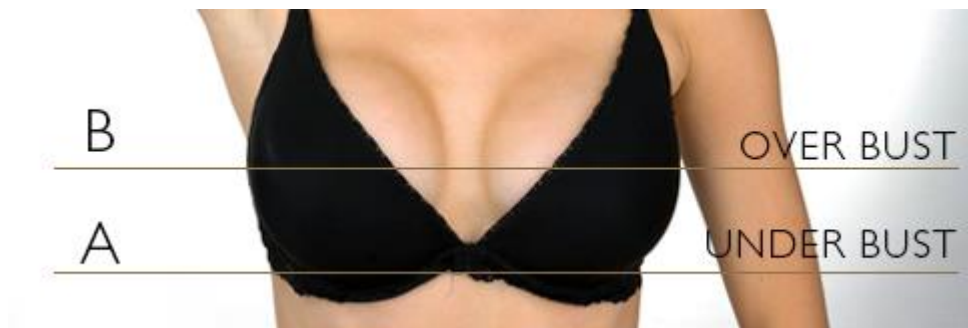


WHAT SIZE BRA SHOULD YOU GO FOR?

Your band/back size does not increase after breast surgery. Nonetheless, many women throughout the UK are currently wearing the wrong bra size. Thus, it is a good idea to take your measurements again. In order to determine your band/back size you must measure around your ribcage. Wrap the measuring tape directly under your breasts and snugly around your ribcage. Take the measurement in inches. If your ribcage measures an even number you must add four to it. If it is an odd number you should add five. For example, if your ribcage measures 30 inches, add four and you will get a total of 34 - your band size.

What about your cup size? Of course you will have discussed a desired size with your surgeon prior to having cosmetic surgery. However, it is important to remember that your breasts are going to be swollen and therefore you may need a bigger size when buying our post-operative Velcro strap bra. To establish your approximate cup size you should measure across the broadest part of your breasts and around your back. Make sure the tape is straight and level all around. Subtract your back/band size from your new bust-size measurement. How many inches are you left with? Between one half and one inches is an A cup, anything between one inch and two and a half inches is a B cup, between two and a half and three and a half inches is a C cup, a D cup is between 3 and a half and four and a half inches, and finally if you are left with anything between four and a half and six inches you have an E cup.



WHAT SIZE BRA SHOULD YOU GO FOR?

Make sure the band of the bra fits snugly around your back and does not ride up. The back of your bra should be at the same level as the front.

Your breast should be fully enclosed within the bra cup. If there are any wrinkles or bulges it is not fitted correctly.

The bra must conform to your breasts, meaning there should be no bags around the nipple area.