

Amoena Fitting Guide - Lingerie & Swimwear

Following bilateral breast surgery, women often used to wear a bra band size that is too small, thinking that having it very tight will help it stay in place even without breast tissue. But if the band size is too small, the shoulder straps will also be too small and as a result the cups will be in the wrong position on the body, and the bra will “ride up”.

The importance of a good fit can't be stressed enough; you probably know that many women wear the wrong size bra and that every clothing brand fits slightly differently.

Professional Fitting Advice

If you are considering purchasing a new mastectomy bra or swimsuit we would recommend that you must visit a certified fit specialist to ensure that you get the best fit as possible. Amoena retailers have mastectomy fitters with the training and experience to help you avoid discomfort. We encourage you to rely on their fitting services – think of it as having your own personal wardrobe consultant.

Remember, your bra size can change due to age, diet or exercise, so it is important to have your fit checked regularly.

Alternatively, if you'd prefer, you can measure yourself using the guidelines below, however you may find it easier to ask someone to help you.

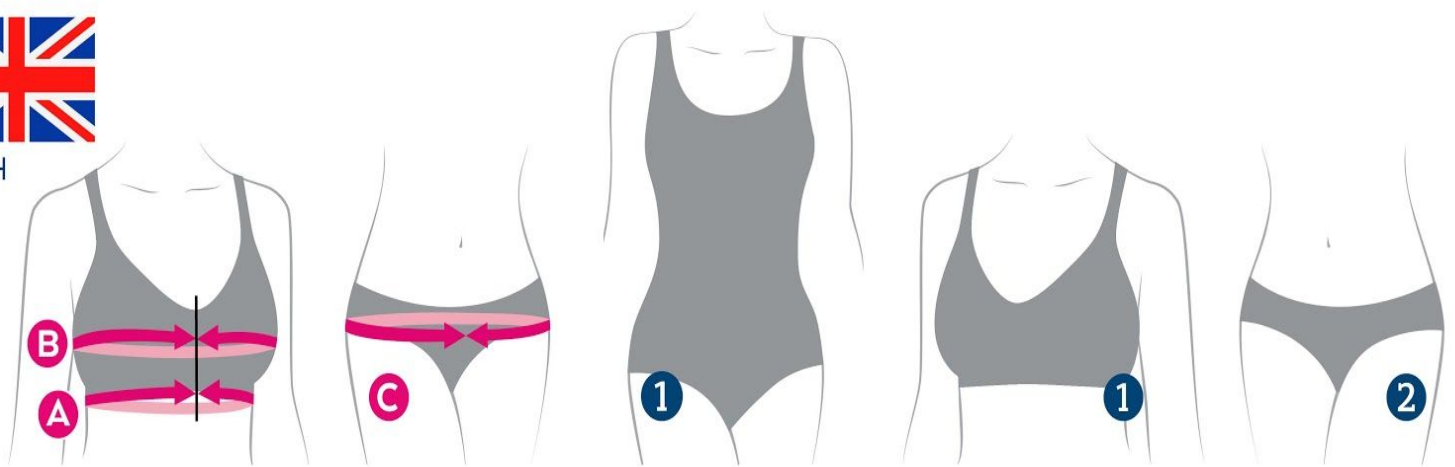
How to Measure Yourself?

Whether you're buying a new mastectomy bra or a swimsuit, you want it to fit well.

To determine your bra/swimsuit size or briefs, this chart may help you in determining it.



INCH



A	24½-26¼	26½-28¼	28¾-30¼	30¾-32¼	32¾-34¼	34¾-36¼	36¾-38¼	38½-40¼	40½-42	42½-44	44½-46	46½-48
----------	---------	---------	---------	---------	---------	---------	---------	---------	--------	--------	--------	--------

B												
AA	29½-30¼	31½-32¼	33½-34¼	35½-36¼	37½-38¼	39¼-40¼	41¼-42	43¼-44	45¼-46	47¼-48	49¼-50	51¼-52
A	30¼-31	32¼-33	34¼-35	36¼-37	38¼-39	40¼-41	42-43	44-45	46-47	48-48¾	50-50¾	52-52¾
B	31-32	33-33¾	35-35¾	37-37¾	39-39¾	41-41¾	43-43¾	45-45¾	47-47¾	48¾-49½	50¾-51½	52¾-53½
C	32-32¾	33¾-34½	35¾-36½	37¾-38½	39¾-40½	41¾-42½	43¾-44½	45¾-46½	47¾-48½	49½-50½	51½-52¼	53½-54¼
D	32¾-33½	34¾-35½	36½-37½	38½-39¼	40½-41¼	42½-43¼	44½-45¼	46½-47¼	48½-49¼	50½-51¼	52¼-53	54¼-55
DD	33½-34¼	35½-36¼	37½-38¼	39¼-40¼	41¼-42	43¼-44	45¼-46	47¼-48	49¼-50	51¼-52	53-54	55-56
E	34¼-35	36¼-37	38¼-39	40¼-41	42-43	44-45	46-47	48-48¾	50-50¾	52-52¾	54-54¾	56-56¾
F	35-35¾	37-37¾	39-39¾	41-41¾	43-43¾	45-45¾	47-47¾	48¾-49½	50¾-51½	52¾-53½	54¾-55½	56¾-57½

C	34¾-36¼	36¼-37¾	37¾-39¼	39¼-41	41-42½	42½-44	44-45¾	45¾-47¼	47¼-48¾	48¾-50½	50½-52	52-53½
----------	---------	---------	---------	--------	--------	--------	--------	---------	---------	---------	--------	--------

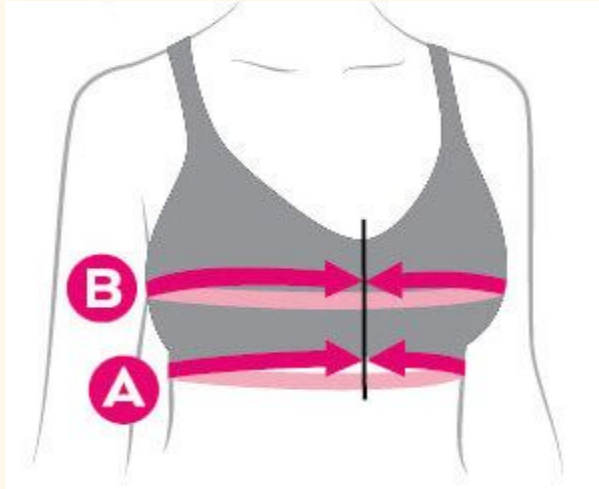
1	30	6	32	8	34	10	36	12	38	14	40	16	42	18	44	20	46	22	48	24	50	28	52	30
----------	----	---	----	---	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----

2	6	8	10	12	14	16	18	20	22	24	28	30
----------	---	---	----	----	----	----	----	----	----	----	----	----

S	M	L	XL
---	---	---	----

Band Size (underbust)

First measure underneath the bust line from the centre front all the way around (A). This gives your underbust measurement (band size).



Cup Size (overbust)

Next, measure from the middle of your chest over the fullest part of your remaining breast, all the way around (B). This is your overbust measurement (cup size).

Hips (for briefs)



Measure around the widest part of your hips (C).

This is your size for lingerie briefs or separate swimwear bottoms

More About Amoena Swimwear

Amoena swimsuits and bikinis are sized to correspond with your typical dress size. To ensure the best fit possible we have swimwear available in different cup sizes. Most styles have B and C cup fittings, with a selection ranging from AA through to F.

A swimsuit with pocketed cups gives you peace of mind if you like to stay fit with water sports. The versatile Aqua Wave Swim Breast Form is made to fit and stay inside the pockets of our swimsuits.