

## Special Features of Amoena Pocketed Bras

Beautiful lingerie makes a woman feel special, and that shouldn't change just because she's had breast surgery. A great mastectomy bra should look just like the bras you wore before surgery, but it will also have some important features to ensure that, as well as being pretty, it is comfortable to wear and provides the security and discretion you need.

### **Shoulder straps**

Our comfy, adjustable straps support your breast form without putting any strain on the shoulders. Some Amoena styles have wider, padded straps for additional comfort and support. Remember to adjust your shoulder straps regularly to ensure that they are not too loose.

### **Pockets**

Unless otherwise stated, all the bras in our range have discreet, multi-option pockets. These will hold your breast form securely in place - so it won't slip out or show over the top of the cup, giving you additional peace of mind. Made from ultra-fine fabric which is shaped to fit perfectly into the bra cup, multi-option pockets give you more choice. Amoena bras can be worn by all women – whether you need a bilateral, left, right or non-pocketed bra.

### **Cups**

Cut to follow the shape of a breast form closely to ensure a perfect fit. Elastic edges give extra security.

### **Wider underband**

Provides support and stability, to ensure your breast form stays securely in place.

### **Variable fastening**

1-4 hooks, depending on the size, ensure you have just the right amount of support.

### **Gentle underwiring**

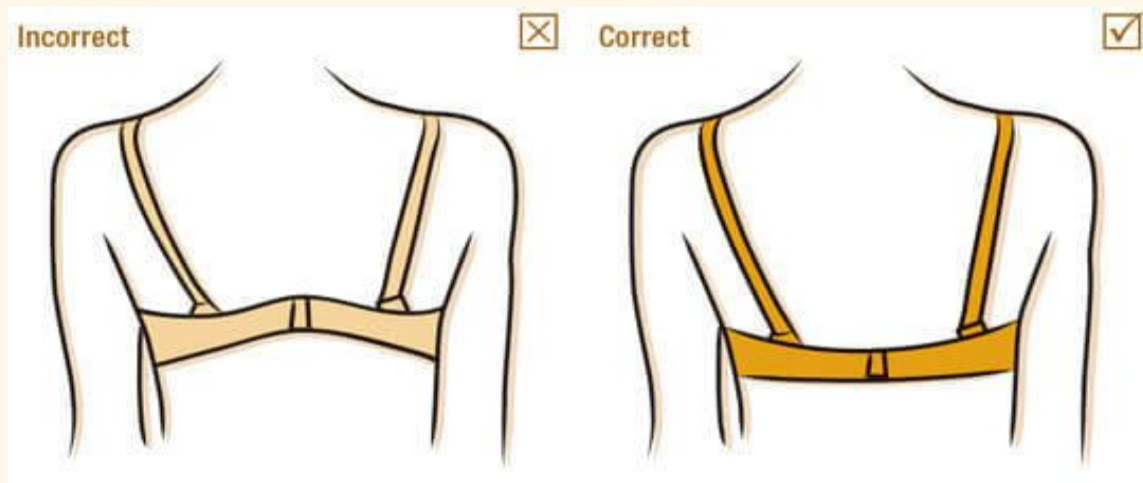
There is no reason why you shouldn't wear an underwired bra after surgery, although Amoena's range includes both wired and non-wired styles. Our flex-comfort underwires are specially designed to follow the curve of your breast form, providing gentle support without

putting pressure on your breast form or scar area. A wire even gives additional stability and reduces the strain on the shoulder.

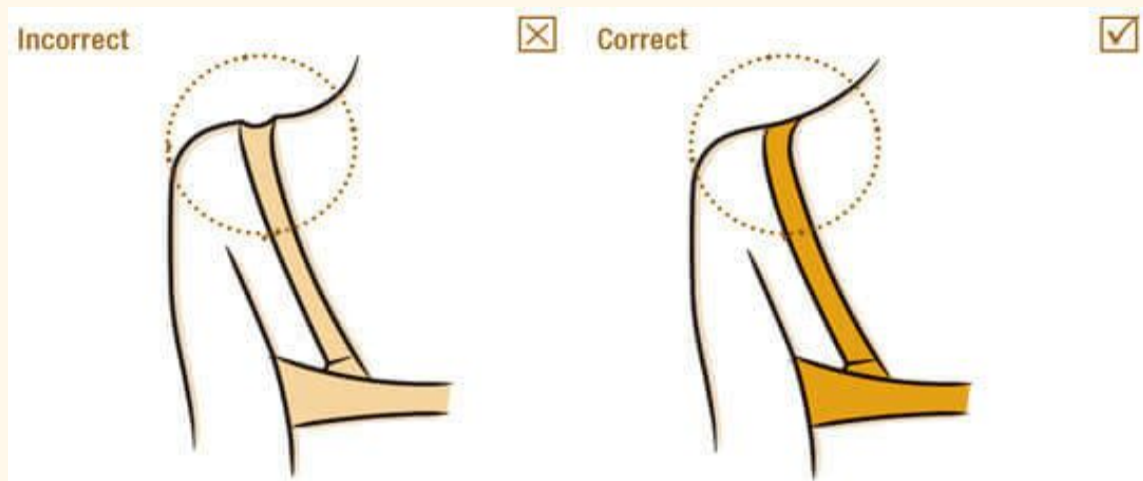
### 3 Steps to the Perfect Bra Fit

It doesn't take long to find out whether you've got the perfect fit – it just takes a little know-how.

- **Step 1:** Make sure the band around your body fits firmly but comfortably. It shouldn't ride up at the back -- if it does, or if your breast form moves to one side during wear, you need to go down a band size. We suggest doing up your new bra on the loosest fitting to give you room for adjustment as the band 'relaxes.'



- **Step 2:** The strap should go in one straight line over your shoulder and then in a right angle under your shoulder blade to the spine. Your straps should never dig in. If they do, it's probably because the band size you're wearing is too big and not giving sufficient support. Remember, it's the body of the bra that should do most of the work, not the straps.



- **Step 3:** The bra should sit closely against your body at the front and in between your breasts. If it stands away from your body, you may need to go down a cup size.

