

## Patient information factsheet

# Your breast prosthesis fitting appointment

We have given you this factsheet because you are due to have a breast prosthesis fitting appointment. It explains what a breast prosthesis is, what a breast prosthesis fitting appointment is and what will happen at your appointment, so you know what to expect. We hope it helps to answer some of your questions. If you have any further questions or concerns, please contact us using the details at the end of this factsheet.

### What is a breast prosthesis?

A breast prosthesis is an artificial breast form that sits inside your bra to replace the shape of all or part of your breast that has been surgically removed. 'Prostheses' is the word for more than one prosthesis.

### What is a breast prosthesis fitting appointment?

A breast prosthesis fitting appointment is an appointment at which a specialist breast care nurse will advise you on the best shape and size of breast prosthesis for you. The appointment will take place in a private room at Princess Anne Hospital.

To achieve the best fit possible, we will usually arrange for your breast prosthesis fitting appointment to be at least six to eight weeks after your surgery, to allow your scar time to heal and any swelling to reduce. If you still have any swelling before your appointment, contact us for advice. We may rearrange your appointment for a later date.

### How should I prepare for my appointment?

#### Arrange to have a bra fitting appointment (if possible)

Once your wounds have fully healed, if you are able to, we recommend arranging to have a bra fitting appointment at a local retailer (see list below) before your breast prosthesis fitting appointment. However, this is not essential. A well-fitting bra will help us to fit the most appropriate prosthesis.

#### Amoena

1 Eagle Close, Chandlers Ford, Southampton, SO19 2HR

Telephone: **023 8027 0345**

Website: [www.amoena.com/uk-en/help-and-advice/showroom-fitting-service](http://www.amoena.com/uk-en/help-and-advice/showroom-fitting-service) (to book online)

#### Bradbeers

14-20 Bell Street, Romsey, SO51 8ZE

Telephone: **01794 515555**

#### Bradbeers

124-138 Station Road, New Milton, BH25 6LW

Telephone: **01425 613333**

# Patient information factsheet

John Lewis

Westquay Shopping Centre, Southampton, SO15 1QA

Telephone: **0345 608 0677**

Website: [www.johnlewis.com/our-services/lingerie-advice](http://www.johnlewis.com/our-services/lingerie-advice) (to book online)

Marks & Spencer

Westquay Shopping Centre, Southampton, SO15 1QB

Telephone: **023 8022 9435**

Website: [www.marksandspencer.com/c/lingerie/be-inspired/choose-a-bra-fit-service](http://www.marksandspencer.com/c/lingerie/be-inspired/choose-a-bra-fit-service)  
(to book online)

Marks & Spencer

Tollbar Way, Hedge End, Southampton, SO30 2UH

Telephone: **01489 798844**

Website: [www.marksandspencer.com/c/lingerie/be-inspired/choose-a-bra-fit-service](http://www.marksandspencer.com/c/lingerie/be-inspired/choose-a-bra-fit-service)  
(to book online)

Nicola Jane

7 City Business Park, Chichester, PO19 8DU

Telephone: **01243 533188**

Email: [chichester@nicolajane.com](mailto:chichester@nicolajane.com)

Website: [www.nicolajane.com/chichester-shop](http://www.nicolajane.com/chichester-shop) (to book online)

Nicola Jane also offers bra fittings at Maggie's, Southampton. For more information, visit:  
[www.maggies.org/our-centres/maggies-southampton](http://www.maggies.org/our-centres/maggies-southampton)

## Items to bring with you

To ensure the best fit during your appointment, please bring:

- a well-fitting bra (preferably pocketed and non-padded)
- a plain, light-coloured, close-fitting top

These will help to ensure an accurate and discreet prosthesis fitting.

You may wish to bring a friend or partner along for support.

## What will happen during my appointment?

During your appointment, the breast care nurse will:

- ask how you are recovering
- examine your scar to ensure it is healing well
- check the mobility of your arm (how well you can move your arm)
- discuss whether you have resumed your usual daily activities

The breast care nurse will then:

- show you a range of breast prostheses to try on
- help you find a breast prosthesis that feels comfortable and closely matches the size and shape of your natural breast
- offer advice on:
  - suitable swimwear
  - comfortable leisurewear
  - adapting clothing for your comfort and confidence
- answer any questions you may have

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## How long will the appointment be?

The appointment will take approximately 30 minutes.

## What will happen after my appointment?

You will be able to take your breast prosthesis home on the day of your appointment if you are happy with the size and fit. If we are unable to find the right prosthesis for you on the day of your appointment, we will order in the size you need and arrange for you to have another fitting appointment at a later date.

## Contact us

If you have any questions or concerns before your appointment, contact us.

Breast care nursing team

Telephone: **023 8120 3753** (Monday to Friday, 8am to 4pm)

## Useful links

[www.cancerresearchuk.org/about-cancer/breast-cancer/treatment/surgery/after-surgery/false-breast-shape](http://www.cancerresearchuk.org/about-cancer/breast-cancer/treatment/surgery/after-surgery/false-breast-shape)

[www.breastcancernow.org/about-breast-cancer/life-after-treatment/your-body-after-breast-cancer-treatment/breast-prosthesis/types-of-breast-prosthesis](http://www.breastcancernow.org/about-breast-cancer/life-after-treatment/your-body-after-breast-cancer-treatment/breast-prosthesis/types-of-breast-prosthesis)

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For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**

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