



# Cancer Services

Women's Boutique  
Mastectomy Guide  
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419-626-4548



## TIPS FOR CHOOSING BRAS AFTER A MASTECTOMY

**Give Yourself Time.** Your surgeon will let you know when you have healed enough to get fitted for a prosthesis and mastectomy bra.

- About 6-8 weeks after a mastectomy, once your scar has healed and you have finished any radiotherapy you may need, you'll be ready for your permanent prosthesis. Radiotherapy can sometimes cause your breast to become swollen a little. You may prefer to have your prosthesis fitted when you no longer have any swelling.
- Call your doctor or nurse if you have any questions.

**Don't Be Afraid to Try Something New.**

- Bring a trusted friend or partner. Your partner or friend can remind you that you are a strong, beautiful, whole, and empowered woman. They can also provide a second opinion when you are not sure which style looks best.
- Look for a smooth, soft t-shirt bra that you can wear when you need smooth lines under clothing. A front closures bra is usually easiest to manage after a mastectomy.
- Just because you liked a certain style of bra prior to your mastectomy doesn't mean you have to stick with the same style now. Don't be afraid to step outside of your comfort zone and experiment with a new color or style.
- Bathing Suits: If you have a favorite bathing suit without prosthesis pockets, take your bathing suit to a seamstress and have pockets added or remove padding in regular bathing suit to insert form to help you save the cost of a Mastectomy bathing suit.

**Cancer Services provides Mastectomy items at no charge.**

These new or gently used items are available to you to help you during your transition after surgery.

- Bras
- Post-Surgery bras and camisoles
- Knitted Knockers
- Breast Forms
- Prosthesis



**Tips for caring for Prosthesis:**

- Wash with warm water and mild soap as needed.
- Do not need to be washed after each wear.
- Store breast form in the original box when not in use to extend the life and shape of the form.
- Normally has a 2-year factory guarantee.
- Lasts 4 or more years.

**Visit a Certified Fitter.**

- Prescription needed from Doctor's Office.
- Take advantage of your benefits with Medicare, Medicaid and Private/Employer Health Insurance.
- Medicare and Private/Employer 12 Bras a year (3 per quarter)
- Aetna 4-6 Bras a year.
- Most carriers offer prosthesis every 2 years.
- Always call your insurance carrier to get information on your benefits and coverage.

**ProMedica Home Medical Equipment**

3303 Tiffin Ave Suite 2  
Sandusky, OH 44870  
419-625-1256  
Bras, Breast Forms and Post Surgery Camisole Bras

**Discount Drug Mart**

3700 Milan Road  
Sandusky, OH  
419-625-0733 Ask for Amy  
Mastectomy Fittings, Compression Sleeves, Incontinent, Medical Supplies and Equipment Items.

**Nordstrom -Beachwood Place**

26200 Cedar Road  
Beachwood, OH  
216-378-2121 or Prosthesis Hotline 1-800-804-1502  
In-Store: Breast forms, post-mastectomy camisoles and bras and free pocketing on any bra from Nordstrom.  
Nordstrom.com

**That Special Woman**

2461 N. Reynolds Road  
Toledo, OH 43615  
419-536-6206  
Breast Forms, Bras and Swimwear, Wigs, Compression Sleeves and Headwear

**The University of Toledo Health Science Campus****Eleanor N. Dana Cancer Center**

1325 Conference Drive  
Toledo, OH 43614  
419-383-6644  
Mastectomy Products, Chemotherapy and Radiation Related Items, Wigs and Head Coverings, Cancer Awareness Items and Lymphedema Related Products.

**Anna's Touch**

605 South Trimble Road, Suite A  
Mansfield, OH 44906  
419-756-0766  
Post Mastectomy Breast Forms, Bras and Wigs.

**Elegant Essentials (2 Locations)**

5164 Normandy Park Drive Suite 300  
Medina, OH 44256  
330-723-8880

8510-B Mentor Avenue  
Mentor, OH 44060  
440-701-8377

**Helpful information website links:****Susan G. Komen-Breast Cancer Foundation**

help@komen.org

[breastcancer.org](http://breastcancer.org)

**American Cancer Society**

[www.cancer.org](http://www.cancer.org)

**National Breast Cancer Foundation, Inc**  
[nationalbreastcancer.org](http://nationalbreastcancer.org)

**Amoena Breast Forms Customer Service**

[Amoena.com](http://Amoena.com)

1-888-900-8998

**Victoria Secret- Mastectomy Bra**

[www.victoriasecret.com](http://www.victoriasecret.com)