

Your breast prosthesis

Breast Care Centre
Information for patients

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What is a breast prosthesis?

A breast prosthesis is an artificial breast form which is placed inside your bra, giving you an equal and balanced appearance when you are dressed. There are two types:

- Temporary breast prosthesis
- Permanent prosthesis

Temporary breast prosthesis

Following surgery, and before leaving hospital, the ward nurse will fit you with a lightweight, soft fabric breast form (softie), which can be worn in your bra, or, if more comfortable, pinned to a vest or cropped top. A second breast form will also be provided.

Although the soft breast form may not provide an exact likeness to the shape of your own breast, it will provide comfort, shape and protection whilst your wound is healing. Soft breast forms should be hand washed, remove the filling and wash the outer cover only. Do not iron them.

Permanent breast prosthesis

Permanent breast prostheses are made of silicone gel and worn in the bra cup. The size, shape and softness of the prosthesis provides a close likeness to your natural breast and is weighted to give you balance. A silicone breast prosthesis is offered four to six weeks following surgery, when your wound is fully healed.

If you are due to receive radiotherapy treatment soon after surgery, we advise that you postpone arranging your fitting until two to three weeks after your treatment has finished, as radiotherapy can make your skin more sensitive. Women receiving chemotherapy can be fitted once their wound has healed.

Seromas (collections of fluid that can be drained) are not uncommon after breast surgery, and women attending seroma clinics are also advised to postpone their prosthesis fitting until their seroma has settled down.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

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To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Prosthetic shells (following wide local excision)

Following a wide local excision (lumpectomy), the size and shape of your breast may have altered. This varies from woman to woman and may be more noticeable once any tissue swelling from surgery and radiotherapy has settled down. If you feel there is a visible difference, a prosthetic shell made from silicone can be worn to give your breast a smooth contour when wearing a bra. If your breasts are different from one another in size and shape, your bra needs to be fitted to the larger breast.

Bra advice

It is important that your bra fits you well. If you have had one of your breasts removed (mastectomy), the bra needs to be a good fit for your natural breast. You will need a bra that is not cut too low, otherwise the top part of the prosthesis will show above the top edge of the bra. If you have had both breasts removed (bilateral mastectomy) and you will be wearing two prostheses, you can choose the bra cup size you want to be. We offer a bra fitting service at your prosthesis fitting appointment so we advise you to wait until after this appointment before purchasing any new bras.

Arranging your prosthesis fitting

The prosthesis fitting clinic is held in a comfortable, private room situated within the Breast Care Centre. You can make an appointment by ringing the number below. Please allow at least 30 minutes for your first fitting. We recommend that you wear your current bra and a plain, light coloured close fitted top, as this will help you to choose the right style and shape of the prosthesis for you.

Who should I contact for further information?

The Breast Prosthesis service is available from Monday to Friday 9:00 am - 4:00pm. Our office telephone number is **0116 250 2511** - an answerphone service is available, messages will be listened to during our working hours. You can also email to: breastprosthesis@uhl-tr.nhs.uk

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk