

# Mastectomy underwear and swimwear

Especially written for Experience Pilates by [www.lingeriebrands.co.uk](http://www.lingeriebrands.co.uk)

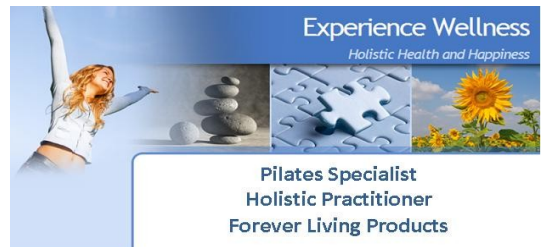
A mastectomy can be an extremely difficult experience and one that doesn't end with the procedure. Rehabilitation and recovery can be an long and arduous process and one that can be made even more challenging by the idea of returning to the world without the feeling of looking different and displaying the signs of the surgery. For many women who have undergone a mastectomy, finding underwear that give them the self confidence to dress as they would have pre-surgery can be a hard, frustrating ordeal made more difficult by needing additional support in underwear that can be worn during rehabilitation.

Fortunately, the concerns of the many women with these concerns have not fallen on deaf ears. Companies such as leading mastectomy underwear company, Anita Care, have forged beyond the traditional solutions for post-mastectomy women with multitudes of lines of lingerie, underwear and swimwear, that cater to a huge range of the unique aesthetic and support needs of women all over the globe. In today's world, needing robust support for heavy duty activity such as post breast cancer rehabilitation does not have to mean a sacrifice of comfort, style, elegance and options that can compliment your wardrobe.

Considering the choice that these companies provide, it's important for women to take their time in figuring out exactly what their individual needs are and ensuring they find their perfect fit.

Choosing mastectomy underwear consists of a few key factors. An important consideration to take into account is the correct cup and bust size. Though many women, regardless of whether they have been through a mastectomy or not, believe that they wear their correct cup and bust sized bra daily, the fact is that many women have either never correctly measured their size, or have changed sizes without changing their underwear size. Finding the correct size at the time of post-mastectomy is imperative to the optimum comfort, support and aesthetic value of mastectomy underwear. Women seeking mastectomy underwear should consult a retail outlet where experienced lingerie fitters will be able to help them to find their correct size.

Once the correct size has been identified, women need to consider the level of support they need. Bras to be worn during rehabilitation activity will clearly need a higher level of support than a bra that would simply be worn around the house. The support level of a bra comes from the construction, i.e. the wiring and the thickness of the straps, fabric, lining and bones and the prostheses that come within the bra. Different bras will enclose different numbers of prostheses, with most coming with either one or two.



The sensitivity of the woman`s skin is also an important factor. Many companies today are taking into consideration the fact that surgery, rehab and pre-existing skin conditions mean that women have sensitive skin in widely varying degrees. By manufacturing bras with specifically selected fabrics that are designed to cause the least irritation to the skin, even during post-surgery rehabilitation, these companies have ensured that their products are as comfortable as possible.

Once these essential elements have been taken into account, women can then go about finding underwear that suits their personal style and appearance. Now that the niche needs of post-mastectomy patients have been recognised by many companies, there are multitudes of options to provide women with the variety they need to feel as though they are fast on their way to recovery. Anita care mastectomy bras is a clear market frontrunner, at

<http://www.lingeriebrands.co.uk/lingerie/anita-care/anita-care-mastectomy-bras/>

The distinguishing feature of this company is that they cater to a range of lifestyle aspects that other companies have not yet considered. Whereas shopping for simple post-mastectomy bras and underwear used to be a challenging task, Anita Care have gone further and provided their clients with a huge range of fabrics and cuts, as well as a new line of bikinis, a previously unseen phenomenon in the mastectomy underwear market.

Thank you again to [www.lingeriebrands.co.uk](http://www.lingeriebrands.co.uk) for writing this article for Experience Pilates.

