

*...for women's special needs*

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PRE- and POST-  
BREAST SURGERY



*W*omen's Health Boutique is a unique shopping experience designed to meet your special healthcare needs. Our certified fitters will listen to your needs, assuring you a private and caring fitting experience.

Come experience the unique ambiance of Women's Health Boutique ... "where dignity is free."

- *Post Surgical Garments* -
- *Breast Forms* -
- *Bras and Lingerie* -
- *Swimwear and Swim Forms* ~
- *Lymphedema Sleeves* -
- *External Breast Reconstruction* -
- ~ *Advanced Skin Care Products* ~

Also products for Incontinence, Skin Care, Compression Therapy, Prenatal Postnatal Care and Wigs & Turbans



# BREAST SURGERY

## Frequently Asked Questions

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**What are my options after breast surgery?** You have three alternatives: wearing an external breast form, external breast reconstruction, or surgical breast reconstruction.

**Will my skin need special attention after breast surgery?** Yes, your skin needs deep moisturizing to prevent dryness and sensitivity, and to promote healing; especially if you undergo radiation or chemotherapy treatment.

**What can I wear after breast surgery?** We offer a cotton undergarment that will protect your incision. This garment contains no metal hooks or elastic bands and the fiber-filled pockets give you a natural look.

**What is a breast form?** A breast form is a breast prosthesis worn inside a bra to closely simulate the natural contours of your own breast. Forms are made from silicone, foam or fiberfill.

**Why is a weighted form necessary?** The form will balance the weight of the remaining breast and alleviate shoulder, neck and back pain.

**Why do I need to be custom-fitted for a breast form?** There are hundreds of shapes and sizes of breast forms available. Every woman, every surgery and every breast is different, so the fitting is very individualized. Our certified mastectomy fitters are specially trained to help you find just the right form.

**What do I wear when I swim?** Mastectomy swimsuits have pockets to hold the breast forms. Foam and silicone swim forms are designed to be worn in the hot tub, pool or ocean.

**After breast surgery am I at risk for lymphedema?** You may be at risk if lymph node dissection or radiation is involved. Preventive tips are available.

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