

{ How can I regain my confidence after a mastectomy? }

Studies have shown that 232,000 new cases of invasive breast cancer are expected for women in 2013. Among many of these cases, mastectomies or lumpectomies will need to be performed to beat the cancer.

I have just had a mastectomy, and I miss my body. What can I do?

Depending on the type of surgery that you have had, a mastectomy or lumpectomy, there are multiple options. Replacement of the entire breast or part of the breast can be done. If reconstructive or plastic surgery is not an option for you, breast prostheses are available. Almost 90 percent of post-mastectomy patients choose this option, which involves a non-invasive breast form that can be sized to best match your body proportions.

What is a breast prosthesis?

An external breast prosthesis is an artificial breast form that can be worn after a mastectomy or lumpectomy. It helps to balance the body and secures the bra from riding up in the mastectomy region. This will prevent back and neck pain and a sagging shoulder. Breast prostheses are custom-designed for most women, made from several different types of materials (such as silicone gel, foam and fiberfill) that are of similar weight and feel to natural breast tissue. Some prostheses adhere directly to the chest area, while others fit into pockets of mastectomy bras to hold the prosthesis in place. Prostheses can also be made with an artificial nipple or a special shape depending on a woman's preference. Having these options allows for a greater wardrobe selection and reduces your awareness of the addition to your body.

How can I get the most out of my breast form?

After surgery, it has been suggested that you wear camisoles. These garments function to manage drainage that can result from the healing incision, while allowing you to wear clean clothes and feel comfortable in public. Six to eight weeks after surgery, your doctor may then prescribe a breast prosthesis. For the initial evaluation with your mastectomy fitter, be sure that the region under surgery has completely healed and is free of swelling, stitches, draining or radiation treatment. During initial evaluation, your mastectomy fitter will ask a series of questions based on your daily activity level, what your goals are with the new prosthesis, what kind of bras you like, and other questions. After you have received your new look, it is important to keep the breast form clean and to prevent damage. Once or twice a year, you should make a follow-up appointment with your mastectomy fitter to ensure continuous functionality and comfort.



What does Achilles have to offer me?

Achilles Prosthetics and Orthotics, Inc. offers the widest selection of breast forms and bras to meet any and all of your post-mastectomy needs. Our mastectomy fitters are highly experienced and compassionate professionals who will spend as much time as needed to properly size, fit and evaluate you to the breast form and bra that is right for you. At Achilles, our goal is for you to feel completely comfortable and confident with your new look. We are here to be a continuous source of support and a resource for your ongoing care.



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