

Soft cloth temporary breast prostheses are available through Cancer Council SA. For more information please talk to your breast care nurse or Cancer Council on **13 11 20**.



Temporary breast prosthesis

A guide on how to use a temporary breast prosthesis



For free* and confidential information and support about cancer, Monday to Friday 9.00 am – 5.00 pm:

- call Cancer Council **13 11 20**
- email cancerconnect@cancersa.org.au

Free* interpreting service is available on **131 450**.

*Cost of a local call

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Information and support

13 11 20

cancersa.org.au

Information
and support

Look after yourself

Cancer can be very stressful—both physically and emotionally. Across diagnosis, treatment and recovery, access to the right supports is vital. Cancer Council's 13 11 20 information and support service connects people with qualified professionals who can hear your concerns, talk you through them, and connect you with a range of available support options.

To speak to our qualified professionals, you can:

- call on 13 11 20
- send an email to cancerconnect@cancersa.org.au

Our staff are available to talk from Monday to Friday, 9.00 am – 5.00 pm.

You can also talk to your breast care nurse, a member of a breast cancer support group, or we can assist in linking you with someone who has had a similar cancer experience and understands your concerns through our Peer Connect program.

This information is provided to women who have had a partial or complete removal of one or both breasts. For many women, losing part or all of a breast may affect their body image or confidence. A breast prosthesis may be considered to restore your breast shape and provide a soft contour and balanced appearance under clothing.

After surgery, the breast area will be tender, but you can choose to wear a light temporary breast prosthesis immediately. Temporary forms such as this one are usually worn in the first couple of weeks or months after surgery. Some women continue wearing one at night.

When you have recovered from treatment, you can be fitted for a permanent prosthesis.

The following information is a guide for using a temporary breast prosthesis, which can be worn with or without a bra.

Without a bra

- Wear the prosthesis under a firm-fitting garment such as a crop top or firm fitting singlet.
- Fill the prosthesis so it feels fuller in the middle and gradually becomes thinner toward the top.
- Hold the prosthesis upright, with the dart (sewn seam) facing downwards.
- You can change the size and shape by adding or removing the soft filling inside.
- Use safety pins provided to secure the prosthesis inside the garment if needed.

With a bra

- Fill the prosthesis so it holds its shape well.
- Place the prosthesis inside the bra cup with the flat side of the prosthesis resting against the chest wall. The dart should sit horizontally facing the bra cup.
- Stand in front of a mirror and adjust the prosthesis until the size, shape and position feel comfortable and looks balanced. You can add or remove filling to achieve the look and fit that feels right for you.
- Secure the prosthesis in place using the safety pins if needed. Some women prefer to use double sided velcro or tape instead.
- Once your bra is back on, check again in the mirror to make sure the prosthesis feels even and balanced.

