PATIENT & CAREGIVER EDUCATION

Resources, Clothing, and Support After Breast Surgery

This information will help you find shops that sell clothing and breast prosthetics to use after your breast surgery. The shops are online or located within New York City, Long Island, New Jersey, and Connecticut. This guide also describes support programs and offers helpful information after breast surgery. This information may be useful for people who have had breast surgery with or without reconstruction.

Post-surgery bras

You may be able to keep your old bra after surgery. If your breast size has changed after surgery, you may need to buy a new one. Here are some bras you may find comfortable and supportive after breast reconstruction surgery:

Cabales seamless women's sports bra

This bra is available on Amazon here.

Coobie bra

www.shopcoobie.com/

You can buy the Coobie bra through the Coobie website or on Amazon.

Fruit of the Loom front closure sports bra

This bra tends to run small. You may need to size up. You can find it on Amazon here.

GLAMORISE Blush Complete Comfort Front Close Bra
www.glamorise.com/
This bra is preferred by plus-sized women.

Hanes Smoothtec Wire Free Bra
You can find the Smoothtec Wire Free Bra at Target here.

Masthead
https://www.mastheadpink.com/
Search for the Luna and Estell bras. They also offer fluffs and pads.

True and Co. True Body Lift Scoop Neck Bra
www.trueandco.com/product/bras/bralette/true-body-lift-scoop-neck-bra/mink

Warner's Women's Cloud 9 Wire-Free Contour Bra
You can find the Cloud 9 Wire-Free Contour Bra on Amazon here.

Breast forms, custom bra fittings, and breast prosthetics

Here are some shops that have bras, forms, and fittings for after breast reconstruction surgery. We last updated this list in March 2024. Some of this information may have changed since then. Once you choose a shop, contact them to make sure they're open and to schedule an appointment.

New York
Manhattan
Underneath It All
www.underneathitallnyc.com/breast-prosthesis
212-717-1976

320 5th Avenue, Suite #1009
New York, NY 10001

Underneath it All is a post-mastectomy boutique store. They provide quality post-surgery underwear, clothing, and breast prosthesis.

Brooklyn

Jazee Bras
www.jazeebrasbkn.com/mastectomy-products/4472890?dm_device=desktop
718-336-0783

937 Kings Highway
Brooklyn, NY 11223

Jazee Bras provides custom fittings and quality products. They will help you find a mastectomy bra or prosthesis that fits your unique needs.

Bronx

We Fit Well Corporation
718-828-5007

3557 E Tremont Avenue
Bronx, NY 10465

Long Island

A Personal Touch Boutique
www.apersonaltouchboutiques.com/mastectomy/
609-760-2991

1 Schwab Avenue, Suite 1
Melville, NY 11747

A Personal Touch Boutiques uses **3D scanning technology** to

guarantee a well-fitting prosthesis. They also offer lymphedema garments. Many insurance plans cover custom breast prostheses, no matter the date of your surgery. Call to learn more about whether your insurance plan will cover this custom option.

A World of Pink
516-513-1275 or 631-364-9684
525 Broadhollow Road, Suite A4
Melville, NY 11747

A World of Pink has products for all phases of breast surgery. Their certified fitters will measure and fit you with the proper supportive bra and prostheses. They offer education about women's wellness to bridge the time between breast surgery and the end of breast reconstruction.

A World of Pink accepts most insurance plans. Call your insurance provider to learn more about your coverage before making an appointment.

Women's Boutique
www.womens-boutique.com
516-292-1320

112 Broadway
Malverne, NY 11565

Women's Boutique offers surgical bras, and silicone and non-silicone swim forms in a variety of shapes. They also have a private Wig Salon that has synthetic and human hair wigs and hair pieces. Call ahead to make an appointment for a fitting. They accept most types of insurance.

New Jersey

Longevity Surgical LLC

www.longevitynj.com
201-569-8033 (phone)
201-569-8073 (fax)

25-e S Van Brunt St.
Englewood, NJ 07631

Longevity Surgical LLC has custom and non-custom wigs, swimwear, and lymphedema garments for post-mastectomy and post-reconstruction. They provide products safely and remotely, and shipping is always available. They offer in-person and virtual fittings and take some insurance plans. Call 201-569-8033 or email arline@longevitynj.com to learn more.

Oceans of Hope mastectomy Boutique

www.oceanshope.com
732-557-4673

440 Commons Way
Toms River, NJ 08755

Oceans of Hope has a wide selection of post-mastectomy breast forms and bras. They carry Radiant Impressions prosthetic breast and nipple options after mastectomy, lumpectomy, or reconstructive breast surgery.

The Dain Shoppe

www.thedainshoppe.com
973-539-7586
dainshoppe@optonline.net

8 Community Place
Morristown, NJ 07960

The Dain Shoppe has a variety of breast forms to fit many different body types, breast shapes and surgeries. They have traditional styles and unique collections to meet your needs. Their certified mastectomy fitters can recommend sizes and styles that will flatter your appearance and give you the most comfort. They also offer:

- Custom breast prosthesis
- Balance shapers
- Intimate apparel
- Camisoles
- Swimsuits
- Accessories

Westchester

Nordstrom The Westchester
914-946-1122, extension 1249

135 Westchester Avenue
White Plains, NY 10601

Shops with multiple locations

Hanger Clinic (breast prosthetics and orthotics)

www.hangerclinic.com/orthotics/chest-head
800-442-6437

A certified mastectomy fitter will work closely with you to restore a natural look after your surgery. They will help you find the right size and style of post-mastectomy products and bras.

Several clinic locations within their national network provide post-mastectomy services. Local locations include:

- Connecticut
- Long Island, New York
- New York City, New York
- Paramus, New Jersey
- Upstate New York
- White Plains, New York

Call 800-442-6437 or visit www.hangerclinic.com/find-a-clinic to find a clinic near you.

Nordstrom Breast Prosthesis Program
800-804-1502
www.nordstrom.com/browse/women/clothing/underwear-lingerie/breast-prosthesis-program
The Breast Prosthesis Program provides:

- Breast forms for mastectomies, lumpectomies, and reconstructive breast surgery.
- Post-mastectomy camisoles and bras.
- Free pocketing on any bras purchased from Nordstrom.

These items and services are available in comfortable, private lingerie departments. The selection may vary by store. Visit their website to learn more about using your insurance and scheduling an appointment. You can also call the Prosthesis Hotline at 800-804-

1502.

Online shops

AnaOno

www.anaono.com

Athleta

www.athleta.com

Bra Bar

www.shopbrabar.com

The Busted Tank – mastectomy Clothing (online)

www.bustedtank.com

A modern mastectomy clothing company with no broadband elastic. They offer pocketed mastectomy garments and interchangeable lightweight breast forms. They have affordable post-mastectomy bras, inserts, tanks, including elastic-free front pockets. Online sizing is available.

About breast forms

You can pad your bra to help balance your appearance while you're healing from your surgery. You can also do this while going through the different stages of breast reconstruction. There are several ways to pad your bra.

Soft breast form

One way to fill the bra is to use a soft breast form (temporary breast prosthesis). This breast form is a lightweight nylon pouch. You can adjust the size of the pouch to match your opposite breast by adding or taking out the cotton fluff inside. You can get these during your visit with your reconstruction surgeon. You can wash the nylon pouch

using a mild soap such as Woolite® or Ivory®, then let it air-dry.

Breast prosthetic

A breast prosthetic is a breast form that you can wear. *You can place it in clothing, such as bras or bathing suits.* It is a more permanent breast form than the soft nylon pouch.

If you're interested in wearing a breast prosthesis, talk with your healthcare provider. If you have not had breast reconstruction, you can usually start wearing the prosthesis about 4 to 6 weeks after surgery.

Your doctor can give you a prescription for a breast prosthesis during your follow-up appointment. Check with your insurance company to find out what's covered for your breast prosthesis.

There are many types of breast prostheses. mastectomy boutiques and lingerie stores sell them. A fitter will help you find the best prosthesis for you. If you prefer to shop closer to home, contact the Reach to Recovery program at the American Cancer Society. Call 800-ACS-2345 (800-227-2345) to get a list of stores in your area.

Soft gauze

You can also line your bra with soft gauze, which you can get from your nurse. Replace the gauze often to make sure it's always clean.

Insurance coverage for mastectomy bras and breast prosthetics

Before you buy or are fitted for a breast prosthesis or mastectomy bra, contact your insurance company. Ask them exactly what is covered for your recovery and rehabilitation.

Not all insurance plans are the same, but most often cover:

- 2 to 4 special mastectomy bras (with prostheses pockets) each

year.

- A new prosthesis every 1 to 2 years.

If your insurance plan covers prosthetics, you can get reimbursed. You'll need a prescription from your doctor for your prosthesis each year.

If you apply and then decide to have breast reconstruction later, it will not affect your insurance coverage.

Visit www.breastcancer.org/treatment/surgery/reconstruction/prosthetics to learn more about breast forms and other types of prostheses.

Rehabilitation medicine, occupational and physical therapy

MSK Rehabilitation services

Rehabilitation Services

www.msk.org/rehabilitation

Cancers and cancer treatments can make your body feel weak, stiff, or tight. Some can cause lymphedema (swelling). Our physiatrists (rehabilitation medicine doctors), occupational therapists (OTs), and physical therapists (PTs) can help you get back to your usual activities.

- **Rehabilitation medicine doctors** diagnose and treat problems that affect how you move and do activities. They can design and help coordinate your rehabilitation therapy program, either at MSK or somewhere closer to home. Call Rehabilitation Medicine (Physiatry) at 646-888-1929 to learn more.
- An OT can help if you're having trouble doing usual daily activities. For example, they can recommend tools to help make daily tasks easier. A PT can teach you exercises to help build strength and

flexibility. Call Rehabilitation Therapy at 646-888-1900 to learn more.

We offer physical therapy (PT), occupational therapy (OT), and lymphedema therapy, including:

- Manual lymph drainage
- Compression treatment
- Skin care
- Exercise
- Patient education
- Garment recommendations

Ask your plastic surgeon's office for a list of physical, occupational or lymphedema therapy services. These are available through MSK or a referral to a clinic near your home. Your surgeon can give you a prescription, if needed.

Dermatology for laser treatment or dermabrasion

Ask your surgeon for a referral to dermatology at MSK. Dermatology will decide whether you're a good candidate for laser treatment or dermabrasion (DER-muh-BRAY-zhun). During dermabrasion, a surgeon will remove the top layer of skin to make it smooth. This helps to improve the way scars and wrinkles look after surgery.

How to manage scars after breast reconstruction surgery

Scars are a part of your body's healing process. After your surgery or procedure, your incision may be red or feel numb. After several weeks, the scar that forms may feel hard, tight, raised, or bumpy. Over time, the scar will become softer, smoother, and less red.

Your scar will keep healing for 12 to 18 months after your surgery. Talk

with your healthcare provider and follow their instructions on how to care for your incision and scars.

Silicone gel sheets

Your surgeon may recommend silicone sheeting after your surgery. This is a silicone tape that goes over your incisions to help improve the way they look. You can buy brands such as Oleeva sheeting at www.oleeva.com/product/oleeva-scar-shapes/ at your local drug store, CVS, Target, or Amazon. Talk with your surgeon about whether silicone sheeting is right for you.

Scar massage

Your surgeon may recommend daily scar massage using Bio-Oil, Vitamin E oil, or Mederma®. Visit www.bio-oil.com/en to buy Bio-Oil.

Support groups, resources, and life after cancer

Integrative Medicine and Wellness Service

www.msk.org/integrativemedicine

Our Integrative Medicine and Wellness Service offers many services to complement (go along with) traditional medical care. These include music therapy, mind/body therapies, dance and movement therapy, yoga, acupuncture, and medical massage. To schedule an appointment for these services, call 646-449-1010.

You can also schedule a consultation with a healthcare provider in the Integrative Medicine and Wellness Service. They will work with you to make a plan for creating a healthy lifestyle and managing side effects. To make an appointment, call 646-608-8550.

Hours

Monday through Friday from 9 a.m. to 8 p.m.

Saturdays from 9 a.m. to 5 p.m.

Locations
Bendheim Integrative Medicine Center
205 East 64th Street (on 64th Street between Second and Third Avenue)
New York, NY 10065

Evelyn H. Lauder Breast Center
300 East 66th Street at Second Avenue
2nd floor
New York, NY 10065

Nutrition services
646-888-4880 or 212-639-7312
www.msk.org/nutrition

Registered Dietitian Nutritionists can give you advice on how to follow a healthy diet during and after breast cancer treatment. They can help you manage your weight, and side effects of your cancer treatment. They can also address other concerns about your diet and nutrition.

Resources for Life After Cancer (RLAC)
646-888-8106
www.msk.org/experience/living-beyond-cancer/services-survivors

At MSK, care doesn't end after treatment. The RLAC Program has many services for patients and their families who have finished treatment. These services include seminars, workshops, support groups, counseling on life after treatment, and help with insurance and employment issues.

Social work

www.msk.org/social-work

Our social workers can help you, your family, and your friends cope with common issues for people with cancer. We offer special programs, including both in-person and online support groups. We can also help with other issues, such as transportation to and from medical appointments, temporary housing, and financial concerns. Talk with your nurse or reconstructive surgeon's office for a referral.

Visit our Virtual Programs website at www.msk.org/vp to learn more about joining an online support group.

Sexual health programs

Cancer and cancer treatments can affect your sexual health. MSK's sexual health programs can help you take action and address sexual health issues before, during, or after your treatment.

Female Sexual Medicine and Women's Health Program

646-888-5076

www.msk.org/cancer-care/diagnosis-treatment/symptom-management/sexual-health-fertility/health/female-medicine

Our Female Sexual Medicine and Women's Health Program helps people who are dealing with cancer-related sexual health challenges. This includes premature menopause and fertility issues. For more information or to make an appointment, please call the number above.

Male Sexual and Reproductive Medicine Program

646-888-6024

www.msk.org/cancer-care/diagnosis-treatment/symptom-management/sexual-health-fertility/health/male-medicine

Our Male Sexual and Reproductive Medicine Program helps people

who are dealing with cancer-related sexual health challenges, including erectile dysfunction. For more information or to make an appointment, please call the number above.

Other sexual health resources

Visit www.breastcancer.org/managing-life/sexual-health to learn more about how to manage your sex life after breast reconstruction.

Options for nipple and areola reconstruction

There are several ways to do nipple and areola reconstruction after your breast reconstruction surgery. Talk with your surgeon about these options to decide which is best for you. Your surgeon can show you pictures at your appointment.

3D nipple and areola tattoos

About Your Nipple and Areola Tattoo Procedure: What You Should Know (www.mskcc.org/pe/nipple_areola_tattoo)

MSK offers 3D nipple and areola tattoos to help recreate your nipple and areola and complete your breast reconstruction. The tattoos are done by specially trained physician assistants (PAs) with a New York City tattoo license. If you do not have nipple reconstruction, the nipple will be flat like a normal tattoo. It will look like a natural nipple.

MSK will also provide touch-up tattoo for fading over time. Visit *About Your Nipple and Areola Tattoo Procedure: What You Should Know* (www.mskcc.org/pe/nipple_areola_tattoo) to learn more.

Nipple reconstruction

Nipple Reconstruction (www.mskcc.org/pe/nipple-reconstruction)

Nipple reconstruction is a procedure to rebuild your nipple. This is done by a surgeon in in the doctor's office or in an operating room.

About 3 to 4 months after your nipple reconstruction, a PA will tattoo your areola (brown circle around your nipple). Visit *Nipple Reconstruction* (www.mskcc.org/pe/nipple-reconstruction) to learn more.

Nipple and areola reconstruction surgery

Nipple and Areola Reconstruction Using a Skin Graft (www.mskcc.org/pe/nipple_skin_graft)

Nipple and areola reconstruction surgery is done to rebuild your nipple and areola. One way of doing this is by using a skin graft. A skin graft is when you take tissue from a donor site and move it to the recipient site. The donor site is the part of your body where tissue is taken from. The recipient site is the surgical site that needs to be covered.

The skin on the chest is used to make a new nipple. A skin graft surrounding the nipple is used to make a new areola. Visit *Nipple and Areola Reconstruction Using a Skin Graft* (www.mskcc.org/pe/nipple_skin_graft) to learn more.

Temporary options for nipple and areola reconstruction

Some people choose not to have nipple and areola reconstruction. There are several options available that are temporary. These may be helpful if you have not decided on the type of reconstruction or are waiting to have reconstruction.

Nipplebacks

www.nipplebacks.com
This online shop offers temporary nipple and areola tattoos.

Amoena

www.amoena.com/us-en/breast-forms/breast-form-accessories

This online shop offers ready-made nipple prostheses.

Naturally Impressive

www.naturallyimpressive.com

This online shop offers semi-custom nipple prostheses.

Pink Perfect

www.pink-perfect.com

This online shop offers ready-made and custom nipple prostheses.

Feeling Whole Again

www.feelingwholeagain.com

This online shop offers custom nipple prostheses.

Just Nips

www.justnipsforall.com

Nipple enhancers give the illusion of nipple projection under clothing.

When to call your healthcare provider

Call your surgeon's office if you have questions or concerns after your surgery.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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