

# After Mastectomy: Choosing Which Clothes To Wear

After mastectomy surgery, many women face the challenge of choosing clothes that fit and flatter their new body. This can be a daunting task, but it is important to remember that you are not alone. There are many resources available to help you find the right clothes and feel confident in your appearance.

One of the most important things to consider when choosing clothes after mastectomy is the type of surgery you have had. There are two main types of mastectomy surgery: lumpectomy and mastectomy. A lumpectomy is a procedure in which the tumor is removed from the breast, but the breast tissue is left intact. A mastectomy is a procedure in which the entire breast is removed.



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by Jeffrey Jacob

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The type of surgery you have will affect the type of clothes you can wear. If you have had a lumpectomy, you may be able to wear most of the same clothes you wore before surgery. However, you may need to avoid clothes that are too tight or constricting, as they can put pressure on the incision site.

If you have had a mastectomy, you will need to choose clothes that are designed to accommodate your new body. There are many different types of mastectomy bras and swimwear available, which can help you to feel comfortable and confident.

In addition to choosing the right clothes, it is also important to choose the right fabrics. Soft, natural fabrics such as cotton and linen are a good choice for mastectomy patients. These fabrics are comfortable to wear and will not irritate the skin.

Finally, it is important to remember that you are not alone. There are many resources available to help you find the right clothes and feel confident in your appearance. Talk to your doctor or a breast cancer support group for more information.

### **Tips for Choosing Clothes After Mastectomy**

- Choose clothes that are comfortable and fit well.
- Avoid clothes that are too tight or constricting.
- Choose soft, natural fabrics such as cotton and linen.
- Experiment with different styles to find what looks and feels best on you.

- Don't be afraid to ask for help from a friend, family member, or breast cancer support group.

## Resources for Finding Clothes After Mastectomy

- American Cancer Society
- Breastcancer.org
- Lymphedema Management

After mastectomy surgery, it is important to take the time to find the right clothes that fit and flatter your new body. With a little effort, you can find clothes that make you feel comfortable and confident.



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