



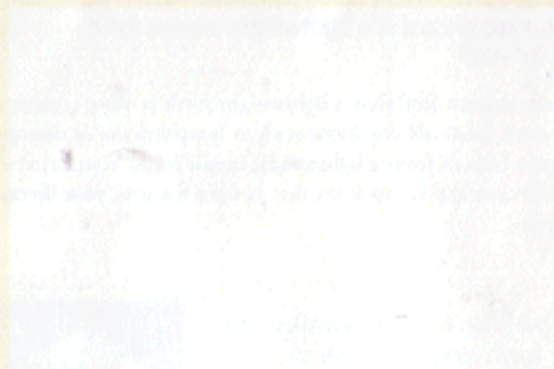
If you are newly diagnosed or have recently undergone breast surgery you will undoubtedly have many questions about your post-breast surgery options.

For many women, wearing a breast form is a comfortable and natural way to restore their silhouette or regain symmetry following a mastectomy or lumpectomy.

This guide includes the answers to the most frequently asked questions about breast forms. Some women find visiting a certified mastectomy fitter prior to their breast surgery helps them better understand all of the post-breast surgery options available.

Fitters are a great source of information and many are breast cancer survivors themselves. They can provide insight and guidance on what to expect and if a particular breast form is the right post-breast surgery option for you.

To find out more about Amoena® post-breast surgery products, visit:



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We Help Make
Life Beautiful
Again



Frequently Asked
Questions About
Your Post-Breast
Surgery Options

AMOENA®



Q: I had a lumpectomy or reconstruction, and my bra is not fitting properly. Is there something available to help even out my figure?

A: The **Balance** line of enhancers are the perfect solution for women who experience asymmetry after a lumpectomy or reconstruction. The enhancer will even out your figure just where you need it.

Q: What is a breast form?

A: A breast form is an external breast prosthesis worn to restore your natural silhouette. Traditional breast forms are worn inside the pocket of a post-mastectomy bra. Attachable breast forms can adhere directly to the chest wall or can be worn inside a special pocketed bra, if needed. Breast forms are available in many shapes, sizes and colors to mirror the natural contours of your own breast and are generally made from silicone.



Q: When can I begin wearing a breast form?

A: As soon as you receive permission from your physician, you can schedule an appointment for a fitting with a Certified Mastectomy Fitter—in most cases, about six to eight weeks following surgery. You will need to bring a prescription from your physician for insurance purposes.

Q: Why do I need to be custom fitted for a breast form and bra?

A: Every woman's body and treatment protocol is different. That's why Amoena® makes over 640 different breast form concepts, shapes and sizes to accommodate different body types, skin tones, breast shapes and surgeries — from mastectomy to lumpectomy. A Certified Mastectomy Fitter has been specially trained to help you choose a breast form that will help you regain symmetry and restore a positive body image. The fitter will also measure you for a pocketed bra to hold your breast form in place and talk to you about the benefits of a properly fitting bra and breast form.



Q: My form feels heavy. Is it too large?

A: The first thing to evaluate is the fit of the bra. Bras have a lifespan of three to six months of constant use before they need to be replaced. If the bra doesn't adequately support the breast form and hold it snugly against the chest wall, then the straps of the bra begin to support the weight of the form, pulling down on the shoulder area. This results in the form feeling heavy.

Q: How do I know if a lightweight breast form is right for me?

A: Many women find that a lightweight form is more comfortable. Women with medical conditions such as lymphedema or osteoporosis of the spine benefit from a lightweight breast form. Your fitter will help you choose the breast form that is right for you, your lifestyle and surgery.

Q: How can I make wearing my breast form cooler in warm weather?

A: Wearing the breast form inside the bra pocket keeps the form from directly touching the skin. This creates more ventilation to evaporate perspiration. There are also inserts like the **Amoena® CoolPad®** (shown) that wick moisture away from the body to keep you cool, dry and comfortable. Some women also find that a lightweight form feels cooler. It is very important to wear a bra that supports the breasts and form and keeps them from resting on the abdomen, as constant moisture in this area can create skin irritation.



Q: Will wearing a breast form restrict my activities?

A: Not at all. You can play tennis, golf, run or participate in any sport you've always enjoyed. You may want to increase your wardrobe of breast forms to include an attachable breast form for extra confidence, a swim form for water activities or a leisure form for times when you're relaxing at home.



Q: Can I wear my breast form when I swim?

A: Yes, you can wear most any breast form in the hot tub, swimming pool and ocean. However, it may weigh down in your swimsuit. If you swim

regularly, you may want to ask your fitter about the **Amoena® Tria® Swimform**, made especially for swimming. It's light weight design will not weigh down in your swimsuit. Whether you wear your regular breast form or a swimform during your water activities, be sure to clean it thoroughly afterwards to remove chlorine and salt residue from the form.

Q: How do I clean my breast form?

A: Skin oils can break down the outer layer of a breast form and shorten its useful life. It is a good idea to clean your form with a special solution, such as the **Amoena® Soft Cleanser** every night, and store it in its cradle.

Q: What is the expected lifetime of a silicone breast form?

A: Most breast forms are warranted against manufacturer's defects for two years from the date of purchase. The warranty does not cover damage to the form from punctures or from erosion to the outer layer due to perfume or lotions. Premium breast forms may last longer than two years with proper care. It is still a good idea to see a Certified Mastectomy Fitter yearly to have a fit assessment, as women's bodies change with age and weight. Medicare guidelines state the useful lifetime expectancy of silicone breast forms as two years. Non-silicone forms have an expected lifetime of six months.

Q: Are breast forms, symmetry enhancers and post-breast surgery bras covered by insurance?

A: Most insurance companies and Medicare have some type of coverage for post-breast surgery products. Contact your insurance company directly to find out what your plan covers. Your fitter can guide you in filling out reimbursement forms, and may even bill your insurance company directly.