

# Question checklist for breast prostheses and reconstruction

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Asking your doctor questions will help you make an informed choice. You may want to include some of the questions below in your own list.

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## Breast prostheses

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### Questions to ask the breast care nurse or fitter

- Do I need to wear a breast prosthesis?
  - What kind of prosthesis would work best for me? Is there something suitable after breast-conserving surgery?
  - When can I start wearing a breast prosthesis?
  - How will wearing a prosthesis affect me if I have lymphoedema or oedema?
  - What can I do if I find the breast prosthesis uncomfortable?
  - Do I need to buy pocketed bras or can I wear regular ones?
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### Questions to ask the fitter about the fitting

- How long will the fitting take?
  - Can I bring a support person to the fitting?
  - If I don't want to remove my bra, is it possible to be measured for a prosthesis and/or pocketed bra without doing so?
  - Do you have a wide range of styles and colours? Can you order other styles or colours if the ones in stock aren't suitable?
  - What if I find the prosthesis too heavy or too hot?
  - Can I also get a swim breast prosthesis? Will I need a special swimming costume?
  - What is the price range of the prostheses and bras you sell?
  - Do I need to buy a pocketed bra or can I use a regular one?
  - How do I care for the prosthesis?
  - Can I return the prosthesis if it's not suitable?
  - What happens if I puncture my prosthesis?
  - What is the warranty period for the prosthesis?
  - How long will my prosthesis last?
  - What should I do if my breast size changes before I'm due for a replacement?
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### Questions to ask yourself about the fit

- Is the bra comfortable when I take a deep breath?
- When I lean forward, is the bra sitting flat against my chest?
- Does the prosthesis feel secure in the bra?
- Does the prosthesis match my skin tone?
- Do I feel balanced? Does the surface of the bra look smooth?
- Can I see edges of the prosthesis sticking out of the bra?
- Do I like how I look with the prosthesis in place?

