

Breast form basics



Why wear a breast form?

After mastectomy, breast-conserving surgery or even reconstruction, you might choose to wear a breast form (breast prosthesis) or shaper, to help you feel like yourself again.

Your goal when being fitted for a breast form is to create a natural body silhouette so that you feel balanced, comfortable and confident. High quality silicone forms behave like a real breast, moving naturally when you walk and lie down. But breast forms aren't just cosmetic; there are important medical reasons to wear them. By compensating for the weight of a real breast, a properly fitting breast form helps prevent problems like lymphedema, bad posture or shoulder and neck problems.

Breast form features and capabilities vary; depending on your lifestyle and activities, you might choose:

- Silicone breast forms with an **adhesive back**;
- Lightweight breast form options;
- A unique **Swim form** for water activities;
- Breast forms with **soft gel-back layers** to adapt to scars or tissue;
- **Temperature equalizing breast forms** ; or
- **Partial breast shapers**.



Comfort should be your main consideration, and with the innovative technologies available, the broad choice includes special shapes, smart options like air-flow channels and even temperature regulation in some breast forms. Finding a breast form that feels comfortable to you is definitely possible, whatever your needs. With the help of a **certified fit specialist**, you can try on and feel different types of breast form to see which ones works best for you.

How does a breast form fit?

To securely hold a breast form or symmetry shaper, there are specially designed **bras with integral pockets**. While still beautiful to look at, these bras have clever features like a slightly higher neckline and underarm and soft, padded straps. You may also choose a self-adhesive breast form, but we recommend wearing it with a bra, as well.

Swimming is particularly good exercise for recovery after breast surgery, so we also design special **pocketed swimwear** with similar features as our bras. Pockets securely hold your breast forms in place and allow comfortable movement and a natural silhouette.

Wearing the right breast form can make a big difference in how you feel every day.

Amoena breast forms are designed for optimum comfort and performance. They're designed to fit into your life and restore your body confidence. For the perfect fit, it's important that you consult individually with a trained, certified mastectomy fitter in a specialist shop, clinic or hospital. Your fitter's experience and knowledge can help you identify your unique needs and then choose the right breast form.