

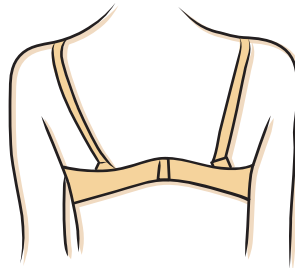
# Three steps to the perfect fit

It doesn't take long to find out whether you've got the perfect fit – it just takes a little know-how.

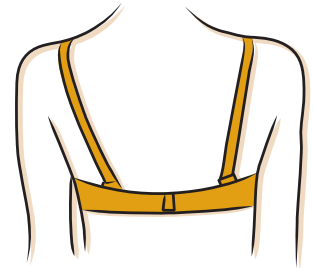
## Step 1

Make sure the band around your body fits firmly but comfortably. It shouldn't ride up at the back – if it does, or if your prosthesis moves to one side during wear, you need to go down a band size. We suggest doing up your new bra on the loosest fitting to give you room for adjustment as the band 'relaxes'.

Incorrect



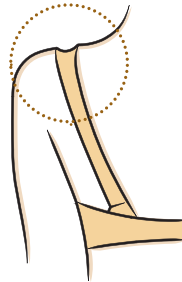
Correct



## Step 2

Your straps should never dig in. If they do, it's probably because the band size you're wearing is too big and not giving sufficient support. Remember, it's the body of the bra that should do most of the work, not the straps.

Incorrect



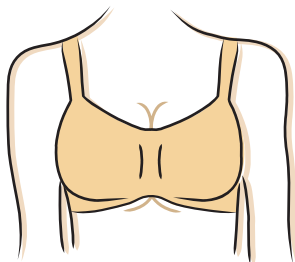
Correct



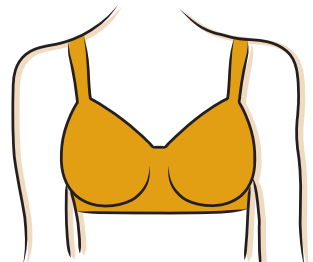
## Step 3

The bra should sit closely against your body at the front and in between your breasts. If it stands away from the body you may need to try going up a cup size.

Incorrect



Correct



## And finally...

Remember that, depending on how much you wash and wear them, bras need replacing every nine to twelve months.

