

UNDERSTANDING THE DIFFERENCE: SURGICAL BRAS, MASTECTOMY BRAS, AND CHEST COMPRESSION GARMENTS

presented by Jobst

When it comes to post-surgical care and ongoing support for breast and chest health, choosing the right garment is essential. While the terms surgical bra, mastectomy bra, and chest compression garment are often used interchangeably, they serve very different purposes in a patient's recovery and long-term wellness.

SURGICAL BRAS

These garments are typically used immediately after surgery. Designed for short-term wear, surgical bras offer basic support. While they may provide some compression, their primary function is comfort and gentle support during the initial healing phase.

MASTECTOMY BRAS

Mastectomy bras are designed to hold breast prostheses and restore body symmetry after a mastectomy. However, they are not therapeutic garments. They do not assist with swelling reduction or lymphatic drainage and are not intended to manage post-surgical edema.

CHEST COMPRESSION GARMENTS

Compression bras and garments are specifically engineered to provide targeted compression that supports lymphatic flow and helps reduce swelling. These garments are often used in conjunction with therapeutic pads which are designed to address swelling in the breast, chest wall, and lateral trunk.

It's important to note that not all compression bras are created equal. Certain compression bras, for example, offer unique features that enhance both comfort and therapeutic benefit, making them a preferred choice for many patients and clinicians.

POST-SURGICAL SWELLING AND SURVEILLANCE

Swelling after breast surgery—whether a mastectomy or lumpectomy—can occur in multiple areas, including the chest wall, underarm, back, and upper extremities. Patients should be assessed regularly for signs of swelling or lymphedema, and clinicians should provide guidance on surveillance and garment selection tailored to each individual's needs.

Every patient and surgical journey is unique. If you're unsure which garment or pad is appropriate, Bandages Plus is here to help with expert advice and product recommendations to support optimal outcomes. Contact us at (800) 770-1032 or info@bandagesplus.com for assistance.

