



## **WOMEN'S HEALTH BOUTIQUE**

### **Sewing Instructions for Mastectomy Bra Pockets**

The prosthesis pockets in mastectomy bras are generously cut so that they will line the cup smoothly when you try the bra on, whether you are unilateral or bilateral. However, for a better fit, sew the fullness of the bra pocket to keep your prosthesis from moving or shifting in the pocket.

1. Place your bra with the cup down on a flat surface.
2. Make a fold in the surplus pocket material. For best results, make a horizontal fold across the bra pocket, turning the fold inside the pocket so the fabric against your skin will be smooth and flat. Pin with straight pins, being careful to not pin the actual bra cup.
3. Sew by hand, with a slip stitch or small stitches, the edge of the pocket fold. This creates a flat pocket to hold your prosthesis completely in the bra cup.
4. If only one pocket is needed, you may choose to cut out the other pocket for a better bra fit.