

Mastectomy bra refit timeline tracker

After mastectomy, what you can comfortably wear changes by the week. *Track what works at each stage to know when to retire and when to refit.*

TIMELINE

WEEK POST-OP	WHAT I WORE	COMFORT (0-10)	NOTES

MILESTONE GARMENTS

FIRST SOFT FRONT-ZIP BRA

FIRST SOFT REGULAR SPORTS BRA

FIRST PROFESSIONAL FITTING (IF RELEVANT)

FIRST UNDERWIRE (IF CLEARED)

WHEN TO GET FITTED

- Most patients can have a professional fitting around 6-8 weeks post-op
- Many cancer centers have free fitting services
- Insurance often covers post-mastectomy bras and prostheses (check)
- Refit again at 6 months and 1 year as the body settles

This sheet is for inspiration only. Always consult your medical team for guidance specific to your situation. Inspired Comforts is not a medical provider.

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