

# Breast Wraps

## *After implant surgery*

*This handout explains why breast wraps are used after implant surgery. It includes a short list of websites that offer breast wraps for sale.*

### Why do I need to wear a breast wrap?

After your breast implant surgery, your doctor may advise you to wear a breast wrap. This stretchy band helps keep your implants from moving upward while your body heals.

### How do I wear it?

Wear your breast wrap around your upper chest, above your implants and under your armpits (see photo). The wrap fastens with Velcro and is easy to adjust. When you wear the wrap, it should feel tight but not painful.



*One type of breast wrap*

### When do I need to wear it?

Your doctor may advise that you wear the wrap 24 hours a day for 6 weeks. During this time, your body will build a capsule around the implants. After this capsule forms, the risk of the implant moving is much smaller.

### Where do I buy a breast wrap?

If your surgeon recommends you wear a breast wrap after surgery, the clinic may provide one for you to go home with. You can also buy breast wraps online. They usually cost about \$20 to \$30. Breast wraps are also called breast augmentation bands, bandeau bras, breast augmentation binders, or bandeau binders.

You may find these websites helpful:

- [designveronique.com](http://designveronique.com)
- [marenagroup.com](http://marenagroup.com)
- [amazon.com](http://amazon.com)

(We include these websites for your ease of use. This does not mean that UWMC endorses these companies or their products.)

#### Questions?

Your questions are important. Contact your doctor or healthcare provider if you have questions or concerns.

#### During Clinic Hours (Monday through Friday except holidays, 8 a.m. to 5 p.m.):

If you have any questions or concerns, we recommend messaging your surgeon through EPIC MyChart. Please include a photo if it would help explain your concern.

Alternatively, you may call the Center for Reconstructive Surgery at 206.598.1217 option 2.

#### Urgent Needs Outside of Clinic Hours:

If you have an urgent care need after hours, on weekends, or holidays, please call 206.598.6190 and ask to speak to the plastic surgeon on call.