

After Mastectomy: Choosing Which Clothes to Wear

Dressing with Confidence After Breast Cancer Treatment

After undergoing a mastectomy, dressing can feel like an overwhelming task. However, with a little knowledge and creativity, you can discover a wardrobe that empowers you and makes you feel beautiful.



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by Jeffrey Jacob

★★★★★ 5 out of 5

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Understanding Your Body Changes

After a mastectomy, your body shape may change. This can affect the way clothes fit and feel. It's important to take some time to explore your new body and identify the changes that have occurred.

Some common body changes after mastectomy include:

- Loss of breast tissue

- Swelling or scarring
- Asymmetry
- Reduced range of motion in the arm

Dressing Techniques

There are several dressing techniques that can help you feel more comfortable and confident after mastectomy.

Layering

Layering clothes can help to create a more flattering silhouette and cover up any areas of concern. Start with a thin base layer, such as a camisole or tank top. Then, add a top or dress that falls at a flattering length.

Asymmetry

Asymmetry can be a stylish way to balance the body after mastectomy. Try wearing a top or dress with a higher neckline on the side where breast tissue is missing. You can also accessorize with a scarf or necklace to create a focal point.

Contouring

Contouring with clothing can help to create the illusion of curves and balance the body. Use darker colors to define the area where breast tissue is missing and lighter colors to highlight the other side of the body.

Adaptive Clothing

Adaptive clothing is specially designed for people with disabilities or physical limitations. It can be a great option after mastectomy, as it's

designed to be comfortable, easy to wear, and stylish.

Some popular types of adaptive clothing for mastectomy include:

- Front-closure bras
- Masquerade vests
- Magnetic camisoles
- Zip-front dresses

The Transformative Power of Fashion

Fashion can be a powerful tool for self-expression and empowerment. After mastectomy, choosing clothes that make you feel good can have a profound impact on your confidence and self-esteem.

Don't be afraid to experiment with different styles and find what works best for you. Remember, there are no rules when it comes to fashion after mastectomy. The most important thing is to choose clothes that make you feel comfortable, confident, and beautiful.

Dressing after mastectomy can be a journey, but it's also an opportunity to rediscover your personal style and express yourself in a new way. With a little creativity and the right resources, you can create a wardrobe that empowers you and makes you feel beautiful inside and out.

If you're looking for more information and support on dressing after mastectomy, there are many resources available online and in your community. Don't hesitate to reach out to your healthcare team, a support group, or a stylist who specializes in mastectomy fashion.

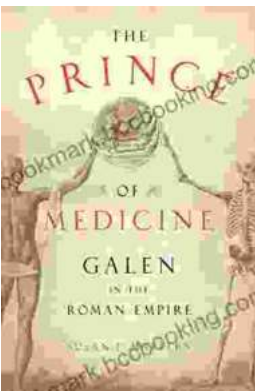


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