

Eastern Shore Orthotics & Prosthetics, Inc.

761-A Middle Street
Fairhope, Alabama 36532
(251) 990-4040

2504 Dauphin Street, Suite M
Mobile, Alabama 36606
(251) 471-0071

USE AND CARE FOR MASTECTOMY

*Hand-wash the prosthesis every day you wear it to remove perspiration and grime. Use warm water and a mild unscented soap. Rinse thoroughly and pat dry with a towel.

*We recommend hand washing your bra and then line drying or laying it flat to dry on a clean towel. If you decide to use the washing machine, place the bra in a pillowcase or delicates bag and use a mild liquid soap on the delicate cycle. DO NOT use Woolite® and NEVER place in the dryer.

*Store your prosthesis in the box it came in, this will protect it from sunlight and heat and help keep its shape.

*Some prostheses require a cover for wearing. If provided, please wear the cover over your prosthesis this will help reduce moisture getting to the prosthesis. Not wearing the prosthetic cover could cause the prosthesis to break down prematurely.

* You may wear your prosthesis while swimming in salt water or chlorine water, but NEVER in a Jacuzzi. Wash your prosthesis as soon as possible after swimming. Don't wear a silicone prosthesis in a sauna or spa. Use a soft form instead. If you swim more than 3-4 times a week, please contact your fitter for information about special swim forms.

*Please remove jewelry (rings, bracelets, etc.) when handling your prosthesis. Be careful when placing brooches or pins onto your clothing. Take care when handling pets so that their claws don't damage the prosthesis.

*If your prosthesis is damaged or old, it can be thrown away in your normal garbage collection. The material cannot be recycled.

*Check that your bras are the right fit every 12 months. You will probably need a new bra and breast prosthesis if your weight changes. Experts say that bras should be replaced every 3-6 months. Some insurance companies will only provide coverage for 4 bras a year which should be sufficient as long as they are well taken care of.

*Silicone prostheses are usually guaranteed for two years for general wear and tear, but they may last longer depending on how often they are worn, how well they're looked after and your lifestyle. If the form splits or is cracked at the seams, it should be replaced. A non-silicone breast form is usually covered every 6 months.

I acknowledge that I have received a copy of these instructions.

Patient Signature

Date