

1. Cup fullness

Is the fullness of your remaining (or desired) breast: (1) shallow, (2) average or (3) full?



2. Shape

Looking at your remaining breast, she will establish which of the following shapes you need (or would best suit your frame if you have lost both breasts): (s)Symmetrical, (a)Asymmetrical, (e)Extra, (u)Universal



Generally speaking, a symmetrical shape is best following a standard mastectomy and an asymmetrical breast form is best if you have had lymph nodes or tissue removed from under your arm.

3. Bra size

To determine the size of breast form, the fitter will measure you to check your bra size, by taking measurements at strategic points on the chest wall and around the rib cage. The fit of your bra is crucial to how natural the breast form will feel, so this is an important step.

In the example shown, you can see that a 34B corresponds to a size 4 breast form.

Band (inches)	Cup						
	AA	A	B	C	D	DD	E
30	0	1	2	3	4	5	6
32	1	2	3	4	5	6	7
34	2	3	4	5	6	7	8
36	3	4	5	6	7	8	9
38	4	5	6	7	8	9	10
40	5	6	7	8	9	10	11
42	6	7	8	9	10	11	12
44	7	8	9	10	11	12	13
46	8	9	10	11	12	13	14
48	9	10	11	12	13	14	15
50	10	11	12	13	14	15	16
52	11	12	13	14	15	16	17

Following this 3 step process, the fitter now has all the information she needs to select the best fitting form for you.