



How to make sure your Mammae fits perfectly

If you are breastfeeding it is important that your bra is the right size. An ill fitting bra can block the milk ducts and could lead to infection.

Step 1:

Measure the band - important for the underwire

Measure around your back and under the bust. Your band size often changes after pregnancy. To ensure you have the right band size, the underwire should sit on your ribcage and not on your breasts.

If the underwire sits on your breast?

Then the band size is too big. If the band rises up at the back (ie. is curved rather than a horizontal line), the band size is too big. You can see this as the underwire will sit on the breasts. This should be avoided, as it can lead to blocked milk ducts.

What can you do about this? Try a bra with a **smaller band size**. Note: This may mean that you will need a **bigger cup size**.

Does the band size dig into the body?

Then the band size is too small. You should be able to slip two fingers comfortably under the band.

What can you do about this? Try a bra with a **larger band size**. Note: This may mean that you will need a smaller cup size.

It is important to wear the right size for optimum comfort.

Step 2:

Adjusting the shoulder straps

Shoulder straps should neither cut into or fall off the shoulder. To minimize gaps at the side and/or top cup, the straps must be adjusted accordingly.

If they cut into your shoulder:

Lengthen the straps. If your breasts are not getting sufficient support, try a bra with a smaller band size and a bigger cup if necessary.

If the shoulder straps are too loose:

Shorten the length of the straps.



Step 3:

Cups - the inner bra should not pinch

Are you still pregnant?

Your breasts may continue to grow during pregnancy and when breastfeeding. It's different for every woman. In general breasts increase one cup size during breastfeeding. Don't purchase a bra until after the eighth month. Try the bra with nursing pads in place, put your hand between the nursing hole and the pad and buy a bra that is **one cup size larger**. Note: this is an average calculation; you should be able to open the flap easily when breastfeeding and the elastic should fit loosely on your breast.

Are you already breastfeeding?

Have you just finished breastfeeding? You should take into account that your breasts will soon fill up with milk. Try the bra with a nursing pad and make sure that you can comfortably slide your hand between the nursing pad and the nursing hole. Then you have enough room when your breasts fill with milk.

Are your breasts full of milk? It is perfectly acceptable if the bra fits tightly. Check that you can open the flap easily and that the elastic fits loosely on your breast (see photo). The inner bra should not be too tight! During breastfeeding (see photo) you need to be able to open the flap easily. If not, the inner bra is too small.

View the beautiful collection and demonstration film on www.mammae.be



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