

# Breast Prostheses



This factsheet aims to give you information about breast prostheses. It describes the different types available, how to choose the right breast prosthesis for you and how to look after it. It also includes details on how to get a replacement. For more information call the **National Cancer Helpline** on **1800 200 700** or visit **[www.cancer.ie](http://www.cancer.ie)**.

## **What is a breast prosthesis?**

A breast prosthesis is an artificial breast form that fits inside a bra cup to replace your natural breast. It is most often used after surgery for breast cancer - either a mastectomy (removal of your breast) or a wide local excision (removal of a lump and some surrounding tissue). A well-fitting prosthesis can help your posture and give you a more natural shape.

Firstly you will be fitted with a temporary breast prosthesis, which is a lightweight fibre-filled shape. You will probably be advised to use this for the first 6 to 8 weeks after your surgery because your body needs time to heal as it may be tender and sore.

Permanent breast prostheses are made from silicone gel, moulded to form a natural breast and nipple shape. The surface feels soft and smooth.

The underside of a prosthesis is not always the same. On some prostheses, the underside can be smooth and on others it can have ridges that are soft and flexible.

## **Are there different types of prostheses?**

Prostheses come in a wide variety of different shapes, sizes and skin colours. They are made from materials that will move, feel and weigh like a normal breast. A breast prosthesis can help improve your balance and posture after breast surgery. You should be able to find a prosthesis to suit your particular needs. The most common type of prosthesis rests against your chest wall and is held in place by your bra, but there are a number of different types to choose from.

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National Cancer Helpline **1800 200 700**

## Partial prostheses

If you have had a wide local excision or lumpectomy you might not have lost much breast tissue, but the amount lost might be enough to make your breast a different shape. This will depend on the size of your breast and where the lump was and it will affect the type of prosthesis that you need. You might need a 'shell' type prosthesis that is hollow and fits over your remaining breast tissue to make your breast look like its original shape. Or you might need a small, wedge-shaped prosthesis that will fill out the bottom, top or side of your bra.



## Lightweight prostheses

Most prostheses are made to weigh roughly the same as your normal breast, but some women find that these still feel too heavy. You might prefer to wear a lightweight prosthesis. These are also made of silicone but they weigh less than standard prostheses.



## Self-supporting (stick-on) prostheses

Self-supporting prostheses stick directly to your skin with adhesive strips on the back. This type of prosthesis suits some women better, particularly if they are very active. Some women find that these prostheses feel more natural and secure than the other types that simply fit into a bra cup. However, if you choose this type of prosthesis you still need to wear a bra that fits well and that gives you and your prosthesis good support. You will need to wait at least 6 months after your surgery before using this type of prosthesis.

## Prosthetic nipples

Prosthetic nipples are artificial nipples. They come in different sizes and skin colours. You can stick these onto your breast prosthesis or directly onto your skin after you have had breast reconstruction if you do not have a nipple.

### Getting the right prosthesis

Hints & tips

Picking the right prosthesis can be a step in the right direction towards feeling more comfortable with your body after breast cancer surgery. Here are some tips for your prosthesis fitting:

- Pick a qualified fitter with a good range of prostheses and bras so you can try on different ones and have a choice.
- You may feel self-conscious at your fitting but remember that the fitter is experienced and is there to help you. Bring a friend for support and advice, if it helps you feel more comfortable
- It can take some time to get used to your prosthesis and it may feel heavy at the start but call the fitter if you have any questions or worries after you get home.

You will find a list of suppliers of mastectomy bras and prostheses at the back of this factsheet.

### Can I wear a prosthesis straight after surgery?

A temporary prosthesis is lightweight and fibre-filled and can be worn immediately after surgery. Your breast care nurse will give you one while you are in hospital. This temporary, fabric prosthesis will give you a shape similar to your natural breast while you are recovering after your operation.

Whatever type of surgery you have had, you will not be able to wear anything that puts pressure on your scar and the surrounding area for 6 to 8 weeks. When your scar has fully healed you might need to have further treatment such as radiotherapy, which can make your skin tender and sensitive for a while. You may find it more comfortable to wear your temporary prosthesis until this sensitivity has gone completely. You might decide to carry on using your temporary prosthesis for leisurewear or at night.

Some women find that a bra is uncomfortable during this time. If you prefer, you can wear a camisole top or a vest. Choose a top or vest that is made with Lycra to give you support.

### Who does the fitting?

The breast care nurse or a trained mastectomy fitter can fit both your bra and your prosthesis. Most lingerie shops and department stores have trained fitters. An appointment may be made for you before you leave the hospital. If not, your breast care nurse will provide you with contact details for qualified fitters in your area. You can also call the National Cancer Helpline on Freephone 1800 200 700.

## Looking after your prosthesis



Here are some tips to help you to look after your prosthesis:

- It is important that you look after your prosthesis carefully and follow the care instructions that come with it.
- Most prostheses should be washed every day with warm soapy water and patted dry with a towel.
- Always keep your prosthesis in its box when you are not wearing it so that it does not get damaged.
- Prostheses are generally guaranteed for 2 years, as long as the care instructions have been followed, but often last longer.

### How do I choose a prosthesis?

You might find it helpful to look at some breast prostheses before you go for your fitting or even before your operation. Your breast care nurse can show you some samples of different prostheses. If you would like to find out about the full range available, you can request catalogues from the suppliers listed at the end of this factsheet.

### How do I choose a bra?

You will need a bra that fits you well to ensure that your prosthesis is comfortable. Even if you think you know your bra size, it is still best to see a trained bra fitter.

You will need to choose a bra that fits close to your chest wall between the cups, with enough depth of material between the cups to cover the prosthesis. Usually you can get a good result with a well-fitting, full-cupped bra. Half-cupped, push-up or balconette bras are not suitable to wear with breast prostheses. Some women feel more secure with a mastectomy bra.

Mastectomy bras have a pocket in the cup to hold the prosthesis. You can also adapt an ordinary full-cupped bra by sewing in a pocket. You will find a list of suppliers of mastectomy bras and prostheses at the back of this factsheet.

### **How should I prepare for the fitting?**

It is a good idea to take a plain, light-coloured, close-fitting top or t-shirt with you for your fitting. This will help you to check that the prosthesis you choose gives you a smooth outline. You might also want to take a favourite bra or a dress that you would still like to wear. If you want, you can take a friend or partner along to give you support and to offer their opinion.

### **How will my new breast prosthesis feel?**

At first, a breast prosthesis might feel cold but will warm up quickly when in contact with your body. It might also seem heavy, but the sense of weight will be less noticeable once it is held against your chest wall and supported by your bra. It can take some time to get used to your new prosthesis but if you have any questions call the fitter.

### **Do I have to pay for my prosthesis?**

All women who have had breast cancer surgery are entitled to their first prosthesis and two bras free of charge. Ask your breast care nurse about arranging your first fitting.

### **How do I get a replacement prosthesis?**

Prostheses are generally guaranteed for 2 years, as long as the care instructions have been followed, but often last longer. Your prosthesis will need to be replaced when it shows signs of wear or damage, or when you gain or lose a lot of weight.

At your fitting you should have a choice of different bras and prostheses to choose from and your fitter will help advise on the best fit for you.

### **Medical card holders**

If you have a medical card, you are entitled to two bras every year and one breast prosthesis every two years (2 prostheses if you have had bilateral surgery). To avail of this, you need to get a prescription for these items from your GP. This prescription needs to go to your local health centre for approval. Some fitters will take care of the paperwork on your behalf. You can find your local fitter by checking the list at the back of this factsheet and call them to see if they can do this for you. If you are going directly through your local health centre yourself, you may have to complete a form and let them know which fitting centre you wish to attend. After the health centre has processed your application, which can take a few weeks or longer, you will be sent an official order form called a purchase order which you need to bring to your fitting appointment.

If you have your fitting before your approval issues then your fitter can put your items aside for you and have them posted to you when it issues. At your fitting you should have a choice of different bras and prostheses to choose from and your fitter will help advise on the best fit for you. If you choose a more expensive item than is funded by the medical card allocation, you may have to pay the shortfall, but you should be offered at least one option that is covered by your medical card allocation.

In all instances, it is always best to telephone your local fitting centre in advance to check can they help you with the paperwork, if you are required to make any payment for your items and if you need to book an appointment with them. Most fitters work by appointment only.

This information is correct at time of print but is subject to change.

### **Private patients**

Private patients can buy replacement prostheses from retail shops or mail order suppliers. Some insurance policies will reimburse you for your prostheses, bras and swimwear every year but you must have spent over your minimum requirement to make an outpatient claim. Other insurance

policies will cover a percentage of your prostheses costs. You need to check your insurance policy to find out what is covered and how you must submit claims. All necessary medical purchases can be claimed against tax. For more information on applying for a tax refund for health expenses, contact the tax office and request any Revenue form or leaflet by calling 1890 306 706. You can also log on to [www.revenue.ie](http://www.revenue.ie) and complete your own online claim on PAYE Anytime. You can also claim for up to 4 previous years' expenses.

### **Financial assistance**

If you experience financial hardship due to your cancer diagnosis, you can apply to the Irish Cancer Society for a financial aid grant. The application forms are available from the social worker or oncology nurse at the hospital.

### **How can I cope with breast surgery?**

Most women who are treated for breast cancer have some type of surgery. Whatever your age or personal circumstances, it is normal to have concerns about how you will cope with losing a breast. Whether you lose part of your breast or all of it, any change to your body image can be a traumatic event. Many women who have been through this experience describe it as being like the death of a close friend or family member.

If you have a partner or children you might be worried about their reactions to your surgery and to you wearing a prosthesis. You might even think that it is going to change the way they feel about you.

Recovering emotionally from breast surgery can take some time. Each person is different so try not to worry too much if you feel you are not coping as well as someone else you know who has also had breast surgery. If you are finding it difficult or feeling alone remember that there are people who can help you. Tell your family and friends how you feel so they can support you. You can also talk to your breast care nurse.

You might find it easier to share your feelings with someone who has had a similar experience to you. Reach to Recovery is a programme that helps

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and supports women who have recently been diagnosed with breast cancer. If you have been diagnosed with breast cancer, the National Cancer Helpline can put you in contact with a Reach to Recovery volunteer who has already had surgery for breast cancer. All the volunteers have been carefully selected and fully trained. These volunteers can provide you with advice and reassurance when you need it most. For more information on Reach to Recovery or support groups in your area, call the National Cancer Helpline on 1800 200 700.

### **Standards of care**

The Irish Cancer Society has produced standards of care for breast prosthesis and bra fitting services. The Society created these standards of care after national research that looked into how breast prostheses are provided, fitted, supplied and used in Ireland. During this research, women with breast cancer were asked about their experiences with breast prostheses, as well as about breast care nurses, prosthesis and bra fitters.

These standards of care will help you know what to expect when you go to a prosthesis and bra fitting service. They are also useful guidelines for people who provide the service.

## Standards of care for breast prosthesis fitting services

- A fitting service should encourage women to make contact with the service and put her at ease. Everything possible should be done to ensure the best possible fitting experience.
- The fitter should be trained, knowledgeable and sensitive to women's needs. A woman should have a choice of seeing a female fitter.
- The fitting environment should be easily accessible and spacious with good lighting and ventilation. A range of products should be on display and the room should have fitting rooms for privacy and a full-length mirror.
- Women are entitled to a prompt appointment. Adequate time should be made available for the fitting and for women to receive appropriate emotional support.
- Women are entitled to see and try a range of products so that they can choose the best product to meet their individual needs.
- Women should always be measured for a breast prosthesis and/or mastectomy bra. If it is appropriate for a woman to be measured without removing her bra, this option should be offered to her.
- Chosen products should be made available to women in a timely fashion. If there is a delay, women are entitled to know the reason for the delay and how long they have to wait.
- Women should be carefully informed about how to care for their prosthesis according to the manufacturer's instructions.
- Women should receive impartial information about alternative products and ranges available from other sources. Brochures from a variety of ranges should be made available to all women.
- An information leaflet outlining what to expect at the prosthesis fitting should be made available to all women, as well as clear guidelines on entitlements and the replacement of prostheses and mastectomy bras.

## Breast prostheses and mastectomy bra suppliers

### Carlow

#### Marie Sue Lingerie

27A Fairgreen Shopping Centre, Carlow

Fitters: Susan and Maria

Tel: 059 91 39639

Email: mariesuelingerie@eircom.net

Website: www.mariesuelingerie.ie

*Prostheses, mastectomy bras, swimwear and full fitting service available. The service welcomes both private and medical card patients and HSE paperwork is attended to.*

### Cavan

#### Suzanne Michaels Lingerie at Farnham Medical Practice

Farnham Road, near Cavan General Hospital, Cavan

Fitter: Mary Buckley

Tel: 047 81377

Mobile: 087 798 0804

Email: monaghanbrafitter@yahoo.co.uk

*Full fitting service available for prostheses, mastectomy bras and swimwear on the first Thursday of every month by appointment only. The service welcomes both private and medical card patients and HSE paperwork is attended to.*

### Clare

#### Rochford's Pharmacy

21 Parnell Street, Ennis, Co Clare

Tel: 065 682 0099

Email: rochford@eirpharm.com

*Prostheses, mastectomy bras, swimwear and full fitting service available. Fitting service by appointment only. The service welcomes both private and medical card patients and HSE paperwork is attended to.*

## Cork

### Bellisima

Travellers Way, Victoria Cross Rd. Victoria Cross, Cork

Fitters: Liz Delahunty RGN & Kate Hynes RGN

Tel: 021-6032000

Email: [info@bellisima.ie](mailto:info@bellisima.ie)

Website: [www.bellisima.ie](http://www.bellisima.ie)

*Large range of products available in private setting. All fittings for breast prosthesis, specialised bras and other post-surgery items carried out by nurses by appointment. The service welcomes both private and medical card patients and HSE paperwork is attended to.*

### La Femme

2 East Village, Douglas, Cork

Tel: 021 427 7956

Website: [lafemmelingerieexperts.com](http://lafemmelingerieexperts.com)

*Women caring for women, a personal and private consultation service for all measurement and fitting of post-surgery breast prosthesis and bra wear.*

### Versacchi

6 South Ring Business Park, Kinsale Road, Cork

Tel: 021 462 7400

Website: [www.breasts.ie](http://www.breasts.ie)

*Personal and private consultation service for all measurement and fitting of post-surgery breast prosthesis and bra wear. Medical card holders welcome and HSE paperwork attended to.*

## Donegal

### McElhinneys

Main Street, Ballybofey, Co Donegal

Tel: 074 913 1217

*Full fitting service for mastectomy bras and prostheses by appointment. Swimwear is available in season. Medical card holders welcome from Donegal area.*

## Dublin

### Almacare Ltd

Manor House, 3 Church Road, Malahide, Co Dublin

Fitter: Mary Downey CFm BA (Hons)

Tel: 01 524 0413

Email: [almacare@iol.ie](mailto:almacare@iol.ie)

Website: [www.almacare.ie](http://www.almacare.ie)

Clinics held in Malahide and Dublin 4 – Clyde Court Hotel (Formerly The Berkley Court Hotel), 4 Lansdowne Road, Dublin 4, in Drogheda - Gary Kelly Cancer Support Centre, Georges Street, Drogheda, Co Louth, in Navan – Ardboyne Hotel, Dublin Road, Navan, Co Meath, in Galway – Clayton Hotel Galway, Ballybrit, Galway, in Sligo – Sligo Cancer Support Centre, 44 Wine Street, Sligo, Sligo – Sligo General Hospital, The Mall, Sligo and in Balbriggan – Balbriggan Cancer Support Group, Unit 23 Balbriggan Business Park, Balbriggan, Co. Dublin.

*Bras, prostheses and swimwear in stock. Fitting service by appointment. The service welcomes both private and medical card patients and HSE paperwork is attended to.*

### Arnotts Lingerie Department

Henry Street, Dublin 1

Tel: 01 805 0400

*A range of mastectomy bras in stock Prostheses not available.*

### Everywoman Fitting Suite at Murray's Medical

20–21 Talbot Street, Dublin 1

Fitters: Maura and MaryBeth

Tel: 01 823 0613

Email: [info@everywoman.ie](mailto:info@everywoman.ie)

Website: [www.everywoman.ie](http://www.everywoman.ie)

*Prostheses, mastectomy bras and swimwear in stock. Bra pocketing service also available. Lymphoedema compression garments available. The service welcomes both private and medical card patients and HSE paperwork is attended to. Fitting service by appointment only.*

### O'Hara's Medical

2 Lower Kevin Street, Dublin 8

Fitter: Sharon Brennan

Tel: 01 479 3136

Email: [oharamedical@msg.ie](mailto:oharamedical@msg.ie)

*Prostheses, mastectomy bras and swimwear in stock. Fitting service by appointment only. The service welcomes both private and medical card patients and HSE paperwork is attended to.*

### **Roche's Positive Appearance Centre**

153 Lower Kimmage Road, Dublin 6W

Also fitting at

Merrion Gates Medical Centre, 240 Merrion Road

(opposite St Vincents Hospital)

and in ARC Cancer Support Centre,

65 Eccles Street, Dublin.

Fitter: Dominica

Tel: 01 492 6829

Email: info@roches.ie

Website: www.roches.ie

*Choice of prostheses, breast forms, mastectomy bras, lingerie, swimwear and accessories. Discreet fittings by Mon– Sat, preferably by appointment. The service welcomes both private and medical card patients and HSE paperwork is attended to.*

### **Versacchi**

175 Kimmage Road Lower, Dublin 6W

Tel: 01 490 0570

Website: www.breasts.ie

*Personal and private consultation service for all measurement and fitting of post-surgery breast prosthesis and bra wear. The service welcomes both private and medical card patients and HSE paperwork is attended to.*

## **Galway**

### **Anthony Ryan's Lingerie Department**

16/18 Shop Street, Galway

Tel: 091 567 061

*Fitting service available for Mastectomy bras and swimwear. Prostheses not available.*

### **Dr Zita Fitzpatrick**

The Post Mastectomy Care Clinic, Cloghscoltia, Barna, Co Galway.

Fitter: Dr Zita

Tel: 086 262 4385

Email: zita\_fitzpatrick@hotmail.com

Monthly clinics also at the Outpatients Depts:

### **Roscommon Hospital**

Tel: 0906 626 200,

### **Portiuncula Hospital**, Ballinasloe

Tel: 0909 648 200 and

### **Tuam Cancer Care Centre**, Tuam

Tel: 093 28522

*Full fitting services for bras, prostheses and swimwear. Consultations by appointment (evenings and weekends possible). The service welcomes both private and medical card patients and HSE paperwork is attended to.*

### **University Pharmacy**

Unit 1 & 2, University Halls, Newcastle Road, Galway

Tel: 091 520 115

*Full fitting service for prostheses, mastectomy bras and swimwear, by appointment only. The service welcomes both private and medical card patients and HSE paperwork is attended to.*

### **Almacare Ltd**

(Manor House, 3 Church Road, Malahide, Co Dublin) at The Clayton Hotel Galway, Ballybrit, Galway

Fitter: Mary Downey CFm BA (Hons)

Tel: 01 524 0413

Email: almacare@iol.ie

Website: www.almacare.ie

*Bras, prostheses and swimwear in stock. Fitting service by appointment. The service welcomes both private and medical card patients and HSE paperwork is attended to.*

## **Kerry**

### **Valerie's**

Valerie Murphy, New Quay, Toomdeely North, Askeaton, Co. Limerick

(providing mobile service for Kerry)

Fitter: Valerie

Tel: 085 160 1783

Email: Valerie@postopclothes.com

Website: www.postopclothes.com

*Discreet and personal fitting service for prostheses, mastectomy bras and accessories, including skincare. Lymphoedema compression garments available. Home visits by arrangement. The service welcomes both private and medical card patients. Mail order online service available.*

## **Kilkenny**

### **WH Good**

88/90 High Street, Kilkenny  
Fitters: Mary and Glenda  
Tel: 056 7789450

*Full fitting service for bras, prostheses and swimwear. Appointment preferable but not essential. Sew-in pocketing service also available. The service welcomes both private and medical card patients and HSE paperwork is attended to.*

## **Laois**

### **The Cuisle Centre**

Block Road, Portlaoise, Co Laois  
Tel: 057 868 1492  
Email: cuislecentre@eircom.net

*Bra and prostheses fittings by appointment. The service welcomes both private and medical card patients and HSE paperwork is attended to.*

## **Limerick**

### **Bravelle**

1 The Glen, Ballyneety, Limerick  
Fitters: Pauline and Kate  
Tel: 061 351 886  
Mobile: 087 939 7899  
Email: info@bravelleshop.com  
Website: www.bravelleshop.com

*A range of prostheses, mastectomy bras and swimwear in stock. Fitting service available by appointment. Mail order service available. Clinics in Clonmel (CARE Centre), Thurles (Suir Haven Centre) and Waterford (Solus Centre). The service welcomes both private and medical card patients and HSE paperwork is attended to.*

### **Valerie's**

Valerie Murphy, New Quay, Toomdeely North, Askeaton, Co. Limerick.  
Fitter: Valerie  
Tel: 085 160 1783  
Email: Valerie@postopclothes.com  
Website: www.postopclothes.com

*Discreet and personal fitting service for prostheses, mastectomy bras and accessories, including skincare. We also provide lymphoedema compression garments. Home visits can be made by arrangement. The service welcomes both private and medical card patients and HSE paperwork is attended to. Mail order online service available.*

## **Longford**

### **Cherche La Femme**

Fitter: Sharon Devlin  
14 Dublin Street, Longford  
Tel: 043 334 4004 / 087 279 5208  
Email: cherchelafemme@hotmail.com  
Website: cherchelafemme.ie

*Prostheses and mastectomy bras in stock. Full fitting service available. The service welcomes both private and medical card patients and HSE paperwork is attended to.*

## **Louth**

### **Almacare Ltd**

(Manor House, 3 Church Road, Malahide, Co Dublin) at The Gary Kelly Cancer Support Centre, George's Street, Drogheda, Co Louth  
Fitter: Mary Downey CFm BA (Hons)  
Tel: 01 524 0413  
Email: almacare@iol.ie  
Website: www.almacare.ie

*Bras, prostheses and swimwear in stock. Fitting service by appointment. The service welcomes both private and medical card patients and HSE paperwork is attended to.*

### **Joanna Hand**

Jocelyn Pharmacy, 19 Jocelyn Street, Dundalk  
Fitters: Joanna and Alison  
Tel: 042 932 8367  
Email: jocelynpharmacy@gmail.com

*Specialist lingerie service for bra and prostheses fitting service Monday to Saturday. Appointment preferable but not essential. The service welcomes both private and medical card patients and HSE paperwork is attended to.*

## Mayo

### **Cara Iorrais Cancer Support Centre**

2 Church Street, Belmullet, Co Mayo  
Tel: 097 20590  
Email: caraiorrais@gmail.com

*Bra and prosthesis fitting available by appointment only. The service welcomes both private and medical card patients and HSE paperwork is attended to.*

### **La Belle Femme**

Chapel Lane, Claremorris, Co Mayo  
Tel: 094 937 3652  
Website: [labellefemme.ie](http://labellefemme.ie)  
Email: [labellefemmeclaremorris@gmail.com](mailto:labellefemmeclaremorris@gmail.com)

*Full fitting service for prostheses, mastectomy bras and swimwear by appointment. Bra pocketing service also available. Mail order service available. The service welcomes both private and medical card patients and HSE paperwork is attended to.*

### **Mayo Cancer Support Association**

Rock Rose House, 32 St Patrick's Avenue, Castlebar, Co Mayo  
Tel: 094 903 8407  
Email: [info@mayocancer.ie](mailto:info@mayocancer.ie)  
Website: [www.mayocancer.ie](http://www.mayocancer.ie)

*Fitting days organised regularly. The service welcomes both private and medical card patients and HSE paperwork is attended to.*

## Meath

### **Almacare Ltd**

(Manor House, 3 Church Road, Malahide, Co Dublin) at The Ardboyne Hotel, Dublin Road, Navan, Co Meath  
Fitter: Mary Downey CFm BA (Hons)  
Tel: 01 524 0413  
Email: [almacare@iol.ie](mailto:almacare@iol.ie)  
Website: [www.almacare.ie](http://www.almacare.ie)

*Bras, prostheses and swimwear in stock. Fitting service by appointment. The service welcomes both private and medical card patients and HSE paperwork is attended to.*

## Geoghegans

23/24 Trimgate Street, Navan, Co Meath  
Fitter: Marion Green  
Tel: 046 90 21722  
Email: [info:geoghegans.ie](mailto:info:geoghegans.ie)  
Website: [www.geoghegans.ie](http://www.geoghegans.ie)

*Range of mastectomy bras in stock. The service welcomes both private and medical card patients and HSE paperwork is attended to.*

## Monaghan

### **Suzanne Michaels Lingerie**

51 Dublin Street, Monaghan  
Fitter: Mary Buckley  
Tel: 047 81377  
Email: [monaghanbrafitter@yahoo.co.uk](mailto:monaghanbrafitter@yahoo.co.uk)

*Prostheses and mastectomy bras and swimwear in stock. Fitting service by appointment only. The service welcomes both private and medical card patients and HSE paperwork is attended to.*

## Offaly

### **Persha Lingerie**

Cloghenmore, Kinnerty, Birr, Co.Offaly  
Fitter: Perry Mooney  
Tel: 086 2896086  
Email: [perry\\_mooney@hotmail.com](mailto:perry_mooney@hotmail.com)  
Website: [www.pershalingerie.net](http://www.pershalingerie.net)

*Personal fitting service for bras, prostheses and swimwear by appointment only. The service welcomes both private and medical card patients and HSE paperwork is attended to.*

## Roscommon

### **Dr Zita Fitzpatrick**

The Post Mastectomy Care Clinic, Cloghscoltia, Barna, Co Galway  
Tel: 086 262 4385 or 091 592 515  
Email: [zita\\_fitzpatrick@hotmail.com](mailto:zita_fitzpatrick@hotmail.com)

*Monthly clinics at the Outpatients Department of Roscommon Hospital Tel: 0906 626 200. The service welcomes both private and medical card patients and HSE paperwork is attended to.*

## Sligo

### Almacare Ltd

(Manor House, 3 Church Road, Malahide, Co Dublin) at The Sligo Cancer Support Centre 2A Wine Street, Sligo and at Sligo General Hospital  
Tel: 01 524 0413  
Email: [almacare@iol.ie](mailto:almacare@iol.ie)  
Website: [www.almacare.ie](http://www.almacare.ie)

*Bras, prostheses and swimwear in stock. Fitting service by appointment. Medical card holders welcome and HSE paperwork attended to.*

## Tipperary

### Bravelle

(1 The Glen, Ballyneety, Limerick) at Suir Haven Cancer Support Centre, Clongour Road, Thurles, Co Tipperary and CARE Cancer Support Centre, 14 Wellington St, Clonmel, Co. Tipperary  
Fitters: Pauline and Kate  
Tel: 061 351 886 / 087 939 7899  
Email: [info@bravelleshop.com](mailto:info@bravelleshop.com)  
Website: [www.bravelleshop.com](http://www.bravelleshop.com)

*A range of prostheses, mastectomy bras and swimwear in stock. Fitting service available by appointment. Mail order service available. The service welcomes both private and medical card patients and HSE paperwork is attended to.*

## Waterford

### Nursing Needs

13 Gladstone Street, Waterford  
Tel: 051 874622  
Email: [info@nursingneeds.ie](mailto:info@nursingneeds.ie)  
Website: [www.nursingneeds.ie](http://www.nursingneeds.ie)

*Prostheses, mastectomy bras and swimwear in stock. Full fitting service by appointment only. The service welcomes both private and medical card patients and HSE paperwork is attended to.*

### Bravelle

(1 The Glen, Ballyneety, Limerick) at The Solas Centre, Williamstown, Waterford  
Fitters: Pauline and Kate  
Tel: 061 351 886 Mobile: 087 939 7899  
Email: [info@bravelleshop.com](mailto:info@bravelleshop.com)  
Website: [www.bravelleshop.com](http://www.bravelleshop.com)

*A range of prostheses, mastectomy bras and swimwear in stock. Fitting service available by appointment. Mail order service available. The service welcomes both private and medical card patients and HSE paperwork is attended to.*

## Westmeath

### Burgess Department Store

Church Street, Athlone, Co Westmeath.  
Tel: 0906 472 004  
Website: [www.burgessofathlone.ie](http://www.burgessofathlone.ie)

*Full fitting service for mastectomy bras and prostheses in private fitting area. The service welcomes both private and medical card patients and HSE paperwork is attended to.*

### LARCC Cancer Support Centre

Cooile Rd, Multyfarnham, Co. Westmeath  
Fitters: Ger Connaughton and Nurse Susan Reynolds  
Tel: 044 937 1971 (Mon–Fri)  
Email: [nurse@larcc.ie](mailto:nurse@larcc.ie)  
Website: [www.larcc.ie](http://www.larcc.ie)

*The service welcomes both private and medical card patients and HSE paperwork is attended to.*

## Wexford

### Dee's Lingerie

15 Esmonde Street, Gorey, Co. Wexford  
Tel: 053 94 80526

*Specialises in lingerie from cup sizes A to K. Stocks mastectomy brands Anita and Royce, bra extenders, full foam enhancers and sew in cups. Prostheses not available.*

### Silhouette Services at the Hope Cancer Support Centre

22 Weafer Street, Enniscorthy, Co Wexford  
Fitter: Catherine  
Tel: 053 923 8555  
Website: [www.hopesupportcentre.ie](http://www.hopesupportcentre.ie)

*Bras and prosthesis fittings by appointment. The service welcomes both private and medical card patients and HSE paperwork is attended to.*

## Useful organisations and websites

### Europa Donna Ireland

Breast cancer advocacy and awareness group offering information on breast cancer and support services.

Tel: 01 496 0198

Email: [edi@iol.ie](mailto:edi@iol.ie)

Website: [www.europadonna.ie](http://www.europadonna.ie)

### Health Service Executive (HSE)

For queries about health services, entitlements or accessing HSE services in your area, call HSE infoline: 1850 24 1850 (Mon–Sat 8am–8pm)

### Daffodil Centres

The Irish Cancer Society's Daffodil Centres provide cancer information, support and advice in local hospitals.

Daffodil Centres aim to provide a wide range of information locally to anyone affected by or concerned about cancer.

For details of your nearest Daffodil Centre call the National Cancer Helpline on 1800 200 700 or visit [www.cancer.ie](http://www.cancer.ie).



For more information on breast prostheses or for confidential advice from our cancer nurse specialists, call the **National Cancer Helpline on Freephone**

# 1800 200 700

(Monday–Thursday, 9am–7pm,  
Friday 9am–5pm) or email  
[helpline@irishcancer.ie](mailto:helpline@irishcancer.ie)



Irish Cancer Society  
43/45 Northumberland Road, Dublin 4

T: 01 231 0500

F: 01 231 0555

E: [helpline@irishcancer.ie](mailto:helpline@irishcancer.ie)

W: [www.cancer.ie](http://www.cancer.ie)



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