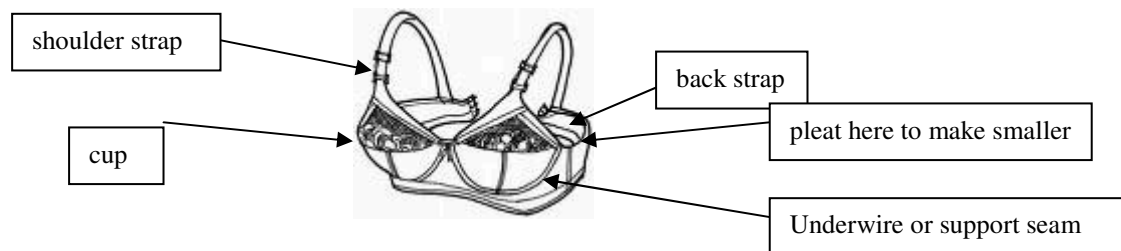


Uplift!

How to Fit a Bra

Warning: Never put an underwired bra on a woman who is breast feeding. The pressure of the underwire can stop the flow of milk down the ducts and cause mastitis and abscesses. Nursing bras, designed for breast feeding, are available.



Guess a size, and find one!

Let the shoulder straps out before handing it to the woman.

Once she's in it check the hooks are done properly, ideally set hooks to the loosest position, so as the bra stretches the woman can tighten it, by changing the hook position.

Check back strap. You should be able to slide a finger between the strap and the side wall of the body.

If the strap digs into the flesh at the side of the torso it is too small. Go up a size

If the strap arches upward in the middle of the back it is too big. Go down a size

If the front of the bra lifts away from the body when the woman lifts her arms above her head it is too big. Go down a size.

Look at the cup. Ensure all of the breast is in the cup.

Adjust shoulder straps. You should be able to slide one finger under the strap comfortably.

Check the cup again.

If breast tissue is spilling over the cup edge it is too small, select larger cup size

If there is empty cup above the breast it is too big, select a smaller cup size.

If the cup fits but the back strap is too small Strap extenders may be used to enlarge the band. Too many strap extenders in one bra will result in the shoulder straps moving out toward the armpits and cutting into the muscle and flesh there.

If the cup fits but the back is too big, a pleat may be taken at the side of the body both sides. Too big a pleat will pull the shoulder straps toward the armpits and cutting into the muscle and flesh there.