

Further information is available from your Breast Care Nurse on:

- (01522) 537662 (Lincoln breast unit)
- (01205) 445998 (Boston breast unit)
- (01476) 593945 (Grantham breast unit)

**The prosthesis you have been fitted with today is:**

.....

**You were fitted by:**

.....

**Date fitted:**

.....

# BREAST PROSTHESIS CARE, REPAIR AND REPLACEMENT

The Trust endeavours to ensure that the information given here is accurate and impartial.

If you require this information in another language, large print, audio (CD or tape) or braille, please e-mail the Patient Information team at [patient.information@ulh.nhs.uk](mailto:patient.information@ulh.nhs.uk)

Breast Care Services

[www.ulh.nhs.uk](http://www.ulh.nhs.uk)



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This leaflet aims to provide patients who require breast prosthesis with information on how to care for, repair and replace their prosthesis as necessary.

**Your breast prosthesis is guaranteed for a minimum of 2 years.**

### **Fitting**

You will need to wear a correctly fitted bra in order for your breast prosthesis to look it's best and for you to feel comfortable.

Bras that are too small may cause permanent damage to the soft silicone shell and therefore should be avoided.

Once you have been fitted with a prosthesis you should register it immediately as this will provide you with a 2 year warranty from the company that supplied it.

### **Care**

#### **Cleaning:**

Wash gently in lukewarm water using a mild soap. Pat dry with a soft towel, taking care not to wring or rub.

Avoid using perfumes, talcum powder or body lotions on or around your breast prosthesis.

With the contact prosthesis, cleaning will depend on which company the prosthesis has been supplied by. A contact prosthesis should be cleaned after each use by using lukewarm water. However, if cleansing solution and a brush is provided then this must be used as otherwise the warranty will be void.

#### **Storage:**

When you are not wearing your prosthesis you should keep it in the box provided as this will help to keep it's shape and will also prevent it from being damaged. Keep this box away from any direct heat.

#### **Preventing damage:**

Take great care with sharp objects close to your prosthesis. Finger nails, pins, scissors, brooches, rings etc could damage the silicone outer shell.

#### **Repair**

The outer skin of your prosthesis is fine and delicate in order for it to feel as realistic as possible. This skin can split. Since this can happen at anytime, for example, when you are on holiday or when the breast care nurse is unavailable, it is best to be prepared by having a repair kit available.

This can be a roll of 2.5cm wide pink Elastoplast available from any chemist. Using the Elastoplast, tape the split edges together across the tear. If the prosthesis does split, make an emergency repair and contact the breast care nurse as soon as you are able to arrange a replacement.

#### **Replacement**

With the correct care and attention your prosthesis should last for 2 years and often longer. A contact prosthesis may not last quite as long but with proper care they can last up to 2 years also. As the prosthesis becomes older you may notice that the silicone inside becomes "bubbly", or the outer skin may start to wrinkle excessively.

These are signs that you need to contact your breast care nurse for a replacement. They can then arrange for you to come to clinic for a refit, or if you are happy with the prosthesis you have, then a replacement can be ordered and you will be telephoned to collect from the unit once it arrives.

### **If you are not happy with the prosthesis supplied**

Occasionally after a fitting appointment you may find that you are not entirely happy with the style or size of the prosthesis you have been given. If this is the case, you should contact your breast care nurse to arrange for a further fitting appointment.

Providing that you have had your prosthesis for less than two weeks, it has been cleaned and in its original packaging, your breast care nurse will be happy to exchange it for a different style or size.