

# A woman's progression of needs after breast surgery

Start your journey off right with Amoena recovery care products.


During the first year of your breast cancer journey, your needs change from month to month. You will go through different phases in your recovery process that require different products to keep you comfortable and feeling your best.

Below are the phases most women will go through as well as the products designed to best fulfill the needs during recovery.

Visit your Amoena retailer to discuss your current phase and let her show you the products that will help you get off to a great start.

To find a store near you, visit the store locator on [www.amoena.us](http://www.amoena.us) or call 1-800-741-0078.

*Amoena products may be covered by Medicare and private insurance depending on individual insurance policies.*

| Phase   | Intimate Apparel Needs  | Breast Form Needs   |
|---|---|---|
| <p><b>Immediately After Surgery</b></p> <ul style="list-style-type: none"> <li>• Comfort</li> <li>• Ease</li> <li>• Healing</li> </ul>  |  <p>Post-surgical garments with drain management</p> <ul style="list-style-type: none"> <li>• Amoena #2860 and #2105 garments provided with removable drain pouches. Bra #2160 has a drain pouch option.</li> </ul>        |  <p>Fiber-filled leisure forms</p> <ul style="list-style-type: none"> <li>• Amoena #2106 fiberfill leisure form, included with the Amoena #2105 Camisole</li> </ul>  |
| <p><b>Less than six weeks after surgery</b></p> <ul style="list-style-type: none"> <li>• Comfort</li> <li>• Continued healing</li> <li>• Easing back into regular activities</li> </ul> |  <p>Soft, cotton leisure bras with a front closure</p> <ul style="list-style-type: none"> <li>• Amoena Ruby #2132</li> <li>• Amoena Frances #2128</li> <li>• Amoena Hannah #2160</li> <li>• Amoena Elise #2660</li> </ul> |  <p>Foam leisure forms</p> <ul style="list-style-type: none"> <li>• Amoena Priform #206</li> <li>• Amoena weighted foam leisure form #128</li> <li>• Amoena non-weighted foam leisure form #126</li> </ul>              |
| <p><b>More than six weeks after surgery</b></p> <ul style="list-style-type: none"> <li>• Getting back into regular activities and routines</li> </ul>                                   |  <p>Amoena apparel that fits you and your lifestyle well —everything from comfortable seamless styles to stylish bras with lace and feminine touches.</p>  |  <p>Silicone breast form or symmetry shaper to help restore balance to your silhouette for a natural look and feel.</p>  |
| <p><b>Enjoying life after breast surgery</b></p> <ul style="list-style-type: none"> <li>• Leading a full life</li> </ul>  |  <p>A wardrobe of choices: Bras that fit all occasions</p> <ul style="list-style-type: none"> <li>• All-day comfort</li> <li>• A special occasion</li> <li>• Sport activities</li> </ul>                                 |  <p>A wardrobe of choices:</p> <ul style="list-style-type: none"> <li>• Symmetry shapers—compensate for unevenness</li> <li>• Breast form options—attachable, temperature-regulating, and many more choices</li> </ul> |

## Restore shape and symmetry

Breast asymmetry occurs for many reasons such as after a lumpectomy, reconstruction, multiple biopsies—and even naturally. Whatever the reason, you may find that you need a new sense of balance.

Balance Symmetry Shapers from Amoena provide a non-surgical solution for a more symmetrical silhouette. Whether you need a little or a lot, Amoena has the Balance shape, size and thickness you need.

The shaper slips into your favorite bra—wherever you need to be more even—and fits snug and seamless against your body. With Balance, you can wear the bras and clothing styles you love with confidence.

### Balance is your solution:

- To regain symmetry after a lumpectomy, reconstruction, multiple biopsies or other breast surgeries
- As an enhancer during the reconstruction process
- To adjust for weight gain or loss after reconstruction
- As an alternative to multiple surgeries to achieve symmetry
- When plastic surgery is not an option because of irradiated skin
- To offset asymmetry that results from the natural aging process years after breast surgeries
- To balance naturally uneven breasts

### Innovative technology



**Balance Contact** with attachable technology features a skin-friendly adhesive strip on the back that attaches directly to the skin for a strong bond and secure fit.



**Balance Individual Light** features a moldable back layer that adapts to uneven areas on the chest wall for a snug fit. Plus, the temperature-equalizing effects of *Comfort+* technology in the back layer provide the ultimate in comfort.

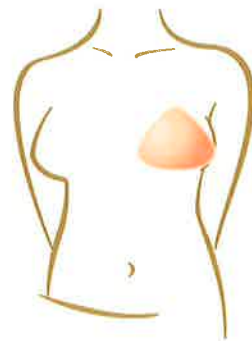
## The right Balance for your need

### Balance Delta

Full shaper covers entire breast. Two thicknesses allow for a custom fit.

Available in ivory as an attachable or with a moldable back layer featuring *Comfort+* technology.

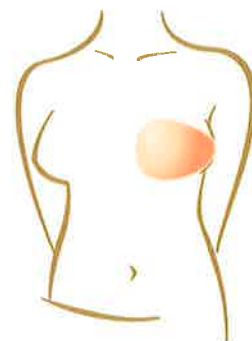
Colors: Ivory, Tawny



### Balance Oval

Full shaper covers entire breast yet can be rotated to fill in where you need it most. Two thicknesses allow for a custom fit.

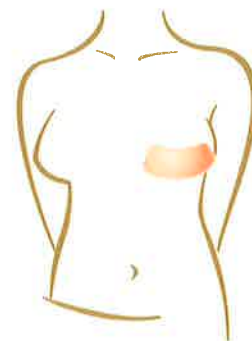
Colors: Ivory, Tawny



### Balance Curve

Partial shaper curves to fit your body and creates symmetry in just the right place. Two thicknesses allow for a custom fit.

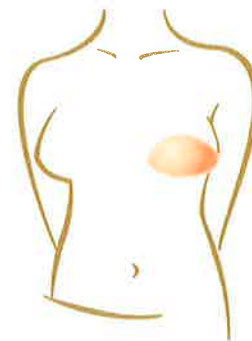
Color: Ivory



### Balance Varia

Partial shaper in one thickness allows for a variety of placement options on the breast—providing balance that's right for you.

Color: Ivory



## Recovery care from Amoena®

Amoena post-surgical garments provide comfort, security and a restored silhouette immediately after surgery.

### Ideal for use following:

- Mastectomy/Lumpectomy
- Reconstruction
- Augmentation/Reduction
- Any breast or chest related surgery

### Garments that benefit recovery

- Each style is packaged with **two removable pouches** for use with Jackson-Pratt®, Hemovac® and other drainage systems to ensure safe, convenient and comfortable drain management.
- When breast tissue is removed, a patient can use the **post-surgical forms** that are provided with each garment to help restore symmetry. The cotton pockets hold the form in place.
- **Garment styles 2860 and 2105** feature ultra-soft fabric that lies flat against the torso and hugs the body, increasing the feeling of security.

- **Garment style 2860** features a zip-front while **bra style 2160K** features a hook and eye front closure for ease in dressing and undressing while recovering range-of-motion. Both feature **elastic straps that open in front** for easy access during treatment, such as radiation therapy.
- **Garment style 2105** features a stretch neckline that extends for step-in entry when there is limited mobility.

### Hannah Collection: Soothes and cares

The Hannah garments, styles 2860 and 2160K, are made with fabric that features tiny spheres of Vitamin E and Aloe infused into the fabric for continuous release. Together, these natural ingredients work to bring soothing comfort to a woman's skin.

### Insurance coverage

Amoena recovery care garments may be covered by Medicare and private insurance depending on individual policies.



## We're here for you.

After breast surgery, it's important for a woman to restore her body image, confidence and self-esteem—and Amoena is here to help.

Amoena products are designed with you in mind—from immediate after surgery needs and throughout your journey. Our selection of symmetry shapers, breast forms, intimate apparel and swimwear are designed to fit you comfortably and keep you looking and feeling good about yourself.

### Did you know?

Medicare, Medicaid and most insurance companies offer coverage for post-breast surgery products—with a prescription or written order from your doctor. Contact your insurance provider to find out about your benefits and your Amoena retailer may provide billing services to make it more convenient for you.

Plus, many foundations\* exist that offer financial assistance for the uninsured or underserved.

**American Cancer Society / [www.cancer.org](http://www.cancer.org)**  
Referrals for financial assistance; some local offices provide transportation assistance, temporary housing, wig, prosthesis, bras, or prescription assistance.

**CancerCare / [www.cancercare.org](http://www.cancercare.org)**  
Financial grants available for transportation, homecare, childcare and pain medications. *Linking Arms Program* can provide grants for breast cancer patients to help with selected supply costs.

**Patient Advocate Foundation / [www.copays.org](http://www.copays.org)**  
Provides direct co-pay assistance for pharmaceutical products to insured breast cancer patients (including Medicare Part D beneficiaries) who financially and medically qualify.

\* All grants are subject to eligibility verification. Applications are required by each organization.

After a lumpectomy or reconstruction, you may need something to regain breast symmetry.

**Balance Symmetry Shapers** slip into your favorite bra wherever you need to be more even.

Balance can also act as an enhancer during the reconstruction process.



After a mastectomy, **Amoena breast forms** restore your silhouette with shape and softness.

**Contact** attachable breast forms attach directly to your body, while **Comfort+** breast forms equalize your temperature keeping you ultra comfortable—several styles available in Tawny to complement darker skin tones.



Every woman deserves a beautiful, comfortable bra—especially after breast surgery.

**Amoena intimate apparel** brings you seamless, molded foam cup, sport and fashion-forward styles—several styles available in sizes up to 52DD and 46H.

