



THUASNE®

SILIMA®

Feel good
information



MEDROMA





Hello, don't we know each other?
I'm Petra and in this issue, I'll be accompanying
you through the world of breast care.
Let's set off together and see what information
there is to discover.

OVERVIEW

After your operation	6
SILIMA® lingerie	7
Medical lingerie	8
Sensitive lingerie	10
SILIMA® care	12
Lymphatic system	14
What is the lymphatic system?	14
How is the lymphedema treated?	
Reduction phase	16
Maintenance phase	17
Mobiderm garments	18
SILIMA® lingerie	22
Daily lingerie	22
Lingerie lace	24
Lingerie support	26
SILIMA® breast forms	28
Conservative surgery	32
Post-mastectomy care	34
After radically modified mastectomy	36
Care and cleaning	38
Serena	42
Sports and movement	44
Exercices	46
SILIMA® swimwear	48
Swimwear collections	50

Time for your well-being

You have just undergone breast surgery and a thousand thoughts are racing around inside your head. What next? What is my life going to be like from now on? You will want answers to a lot of questions. Your doctor will be able to answer most of them, and you should not hesitate to discuss other questions with the SILIMA® consultant at your medical equipment stockist. We also want to help, and have compiled all sorts of useful information in this brochure.

So take your time to browse through this Feel-good information. Once you have read through it – while enjoying a cup of tea, maybe – we hope that you will feel more confident about taking the first steps into your new life phase.

Our top-quality SILIMA® products aim to restore a natural appearance to help you regain your confidence and feeling of wellbeing. We want to make a clear and valuable statement to all readers: look, life is beautiful again.

Should you have any questions that are not answered in this brochure, please do not hesitate to ask the SILIMA® consultant at your medical equipment stockist or contact us.

We will be delighted to help!

Your SILIMA® Team



AFTER YOUR OPERATION

Well prepared for the visit
to your medical equipment stockist



If you have initially been given a fibrefill breast form following your operation, you should return to your medical equipment stockist within four weeks at the most. Your stockist will provide you with a silicone breast form that your doctor will prescribe.

Measuring is all-important

Correct measuring is crucial to identify which breast form is best for you. Always make sure your upper and lower breast measurements are taken. In order to ensure the best possible result, it is important that you wear a well-fitting bra when being measured. And take a plain white shirt or your favourite top with you so you can judge the fit of the breast form or bra better.

Take your time to choose

The breast form will become part of your everyday life. Given the numerous different shapes and sizes, you should take your time to learn as much as possible and to seek advice. There are a lot of things to consider when choosing: Figure, bust size, scarring, type of operation, and whether any lymph nodes were removed.

Make an appointment to make sure you have all the time that you need with your consultant. It might be a good idea for someone you trust to accompany you. That will give you a feeling of confidence.

Certified SILIMA® medical equipment stockists

SILIMA® breast forms are available from any medical equipment stockist.

Please do not hesitate to ask us for a list of medical equipment stockists near you.



SILIMA® LINGERIE

Fantastically feminine

Lingerie made by SILIMA® offers all the advantages you could wish for in a bra. SILIMA® bras are fashionable and very feminine, yet still tailored to your special needs.

The extensive collection of bras offers a choice ranging from elegant to classic or sporty, in fashionable colours and designs, one of which is bound to appeal to you. Suitable for every situation. Carefully planned designs give you the reassurance that the breast form cannot slip out of place. Superbly comfortable thanks to innovative and highly functional details. Materials are skin-friendly and double-layered in places to ensure that neither the straps nor the fastenings can cut into the skin and cause discomfort.

Explanation of the symbols used
on the following pages:

- 2 deep pockets
- △ With 1 pocket provided



Medical lingerie



Cara

- Compression bra following reconstructive or conservative breast surgery
- Moulded, double-layered cups for even compression without leaving an impression
- Wide straps, adjustable in three stages
- Front hook and zip fastening, softly lined
- Broad stretch band below the bust prevents cutting in and riding up

Indications

- Following any reconstructive breast surgery
- Following segmental or quadrant section

Art.-No. T57 230

Sizes/Cups EUR (UK)

70 – 105 AA/A (32 – 46 AA/A)
70 – 105 B/C (32 – 46 B/C)
70 – 100 D/E (32 – 44 D/E)
105 D/E* (46 D/E)
110 – 120 AA/A*, B/C*
(48 – 52 AA/A, B/C)

Fabric

54% PA (polyamide),
33% CO (cotton)
13% EL (elastane)

Colours

Champagne, Black

*Only available in black



Art.-No. T66 227

Triangular, symmetric,
with additional strap

Sizes

1 – 14

Fabric

75% CO (cotton)
25% PES (polyester)



Fibrefill breast forms to temporarily restore appearance

- The best solution for sensitive scar areas, slow healing wounds and radiotherapy
- Available as a symmetric triangle with additional strap at the base for bra attachment
- Made of woven fabric with fibrefill filling

Post-OP Belt

- Anatomically shaped post-op belt with hook-and-loop closure
- Secures the breast implant and prevents its upward migration
- The anatomical shape supports the compression effect
- Highly elastic and soft, made of breathable Combitec fabric
- Supplied without bra

Indications

- Breast reconstruction after mastectomy
- Breast augmentation with silicone implants
- Following any reconstructive breast surgery

Art.-No. T57 231

Sizes/Circumference

(Measure under the armpits
above the chest)
S/86 – 92 cm
M/92 – 98 cm
L/98 – 108 cm
XL/108 – 118 cm
XXL/118 – 128 cm

Fabric

63% PA (polyamide)
20% PES (polyester)
17% EL (elastane)

Colours

Champagne, Black

*Only available in black



Elena

- Post-operative care for larger cup sizes
- Highly elastic, comfortable microfibre
- Front fastening for easy use, ideal when arm movement is restricted
- Extra-wide support straps
- Three-fold adjustable hook fastening with soft backing on the shoulder
- Cups with two deep pockets

Hooks & Eyes

7 rows: 75 – 85 A – D (34 – 38 A – D)
8 rows: 90 – 95 A – D (40 – 42 A – D)
9 rows: 100 – 105 A – D (44 – 46 A – D)
10 rows: 110 – 115 A – D (48 – 50 AA – D)

Art.-No. T57 289

Sizes/Cups EUR (UK)

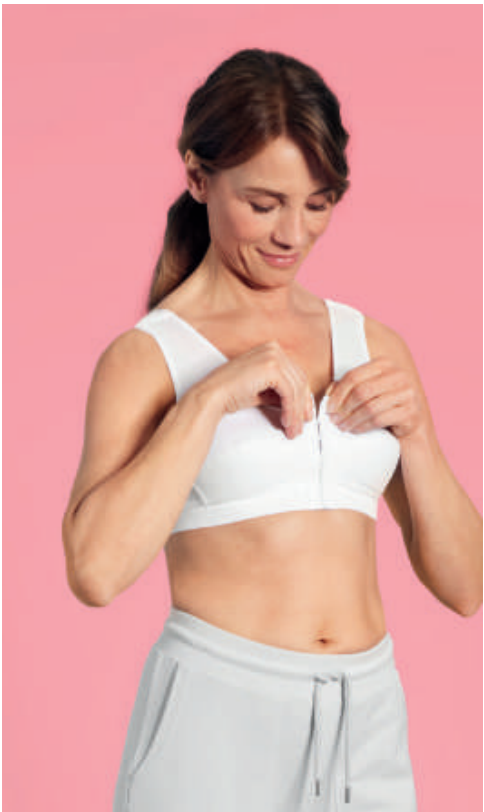
75 – 115 A – D (34 – 50 A – D)

Fabric

76% PES (polyester)
17% CO (cotton)
5% PA (micropolyamide)
2% EL (elastane)

Colours

White



Sensitive Support

Optimum support during and after treatment. Breast cancer can be treated in several ways. The treatment depends on the kind of breast cancer and how far it has spread. It is often times the case that the patients receive more than one type of treatment, such as receiving chemotherapy and/or radiotherapy after an operation. The therapies can have some side effects, such as dry skin, blistering and hot flushes following radiotherapy. These side effects depend on which part of the body received radiation therapy.¹ A port catheter (short term port) is often used for chemotherapy. A port is a permanent access from the outside into a vein. It is intended to help cancer patients who often receive medication directly into the bloodstream.² Due to overly sensitive skin during and after radio-/ chemotherapy, the patients need an extremely soft bra made from natural materials. Our new SILIMA® bra Sensitive Support optimally supports women with very sensitive skin. It's made of soft and natural materials. An additional protection is provided thanks to the port protection pad. The pad protects the sensitive port area from pressure and friction as when wearing bags, sports, or seat belts. The port pad is easily removable by means of a self-fastening system and can thus also be attached to other bra straps.

1: <https://cancer.net>
2: <https://www.krebsinformationsdienst.de/behandlung/chemotherapie/portsysteme.php>



Sensitive Support ●

- Soft bra for very sensitive skin during and after treatment (radiotherapy, chemotherapy, surgery)
- Protective pad for port catheter to protect the sensitive port area from pressure and friction
- Front fastening with hooks & eyes for easy use
- Out of highly elastic and soft materials
- Cups with two deep pockets
- Wide padded straps, adjustable in the back
- Soft stretch band underneath the bust prevents cutting in and riding up

Hooks & Eyes

7 rows: sizes 75-85
8 rows: sizes 90-95
9 rows: sizes 100-105

Art.-No. T57 250

Sizes/Cups EUR (UK)

75-105 A/B, C/D (UK 34-46)

Fabric

43% Cotton
39% Polyamide
18% Elastane

Colours

White



Continuous care for you consisting of three steps corresponding to the treatment phases after breast surgery.

Thuasne[®] breast cancer aftercare immediately after breast surgery - it is particularly important to prevent edema and support scar healing with targeted compression.

Thuasne[®] offers the right solution for every phase after breast surgery.

Special solutions in the premier class of compression and scar therapy, which are particularly suitable for the post breast surgery period in ensuring the best possible results.



Securing the surgical results



Regaining balance



Edema management



An extensive portfolio of bras, breast forms and compression products that can be combined in a variety of ways - for almost any medical challenge.



Because lymphatic channels are affected and lymph nodes are removed during breast cancer surgery, lymphedema in the arm, breast or chest wall is the most common complication of breast cancer surgery, occurring in around 30% of patients who have undergone surgery.

Thuasne[®] has developed sophisticated compression solutions for decongestion and maintenance specifically for this phase.

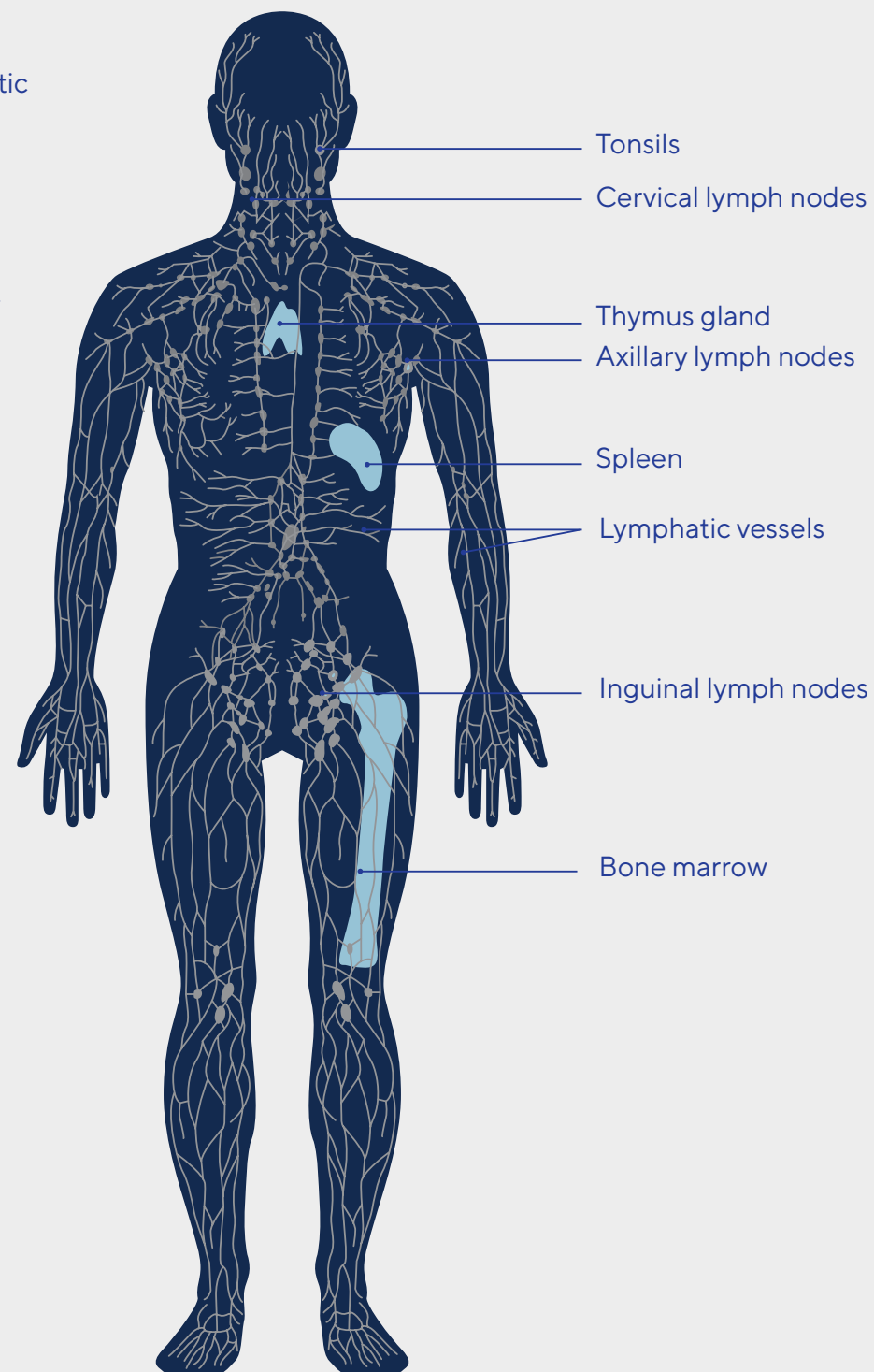
The combination of almost five decades of experience that Thuasne[®] has in the fields of compression and breastcare is unique. Put your trust in top quality and expertise from the specialists.



What is the lymphatic system?

The lymphatic system is made up of a series of canals called lymphatic vessels, lymph nodes and some organs.

It helps to protect the body against diseases and infections. It is the most important part of the immune system.⁽¹⁾



Secondary lymphedema

Secondary lymphedema is due to an alteration of the lymphatic system.

It can occur as a result of surgery, an inflammation, obesity, a traumatism, treatment of a cancer, an accident or an infection.

Secondary lymphedema affects 10 to 50%⁽¹⁾ of patients (male or female) undergoing lymph node removal or radiation therapy. This risk may double after certain surgeries, chemotherapy or mastectomy. Some forms of cancer can also cause lymphedema.

Surgical removal of lymph nodes in the armpits may be part of the initial surgical treatment for breast cancer patients. If cancer cells have spread to the lymph nodes in the armpits, they are surgically removed.⁽²⁾

The risk of developing lymphedema is increased when surgery is combined with radiation therapy, when the patient is obese, or if many lymph nodes are removed.



Breast cancer and its treatment is the leading cause of upper limb lymphedema



1/5 women

suffers from secondary lymphedema of the upper limb after breast cancer⁽³⁾

It concerns:

→ **15 to 28% of patients** who have had axillary curettage⁽⁴⁾

→ **2.5 to 6.9% of patients** after the sentinel node technique⁽⁴⁾



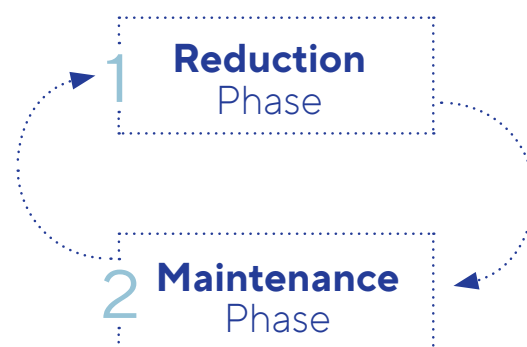
The median of occurrence is **2 years after surgery or radiotherapy**⁽⁴⁾

(1) <https://www.e-cancer.fr/Dictionnaire/G/ganglion-lymphatique> - December 2019

(2) Les lymphoedèmes des membres : diagnostic, exploration, complications - S. Vignes, M. Coupé, F. Beaulieu, L. Vaillant, pour le groupe « Recommandations » de la Société Française de Lymphologie - Journal des Maladies Vasculaires (2009) 34, 314-322
 (3) Lymphoedèmes secondaires du membre supérieur après cancer du sein - S. Alran, A. Arnaud, J.-C. Biffaud, J.-C. Ferrandez, P. Heudel - 13 March 2016
 (4) Prise en charge du lymphoedème secondaire du membre supérieur après un cancer du sein - March 2014

How is the lymphedema treated?

Lymphedema treatment is performed in 2 phases:



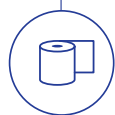
The reduction phase

The reduction phase is also known as the intensive decongestive treatment. **The goal of this treatment is to eliminate edema as much as possible in order to come as close as possible to the volume of the opposite healthy limb.**

The main treatments used during this phase are:



• **Manual Lymphatic Drainage (MLD)**, carried out by a specifically trained physiotherapist. It stimulates and facilitates the circulation of the lymph by promoting the unblocking of the lymph nodes.⁽¹⁾



• **Reducing and draining bandages** requiring the use of several bandages which can be adapted to the limb volume and repositioned at will. The aim is to reduce the volume of edema. They can be worn day and night.⁽¹⁾



• **Skin care** to prevent dermatological complications related to lymph accumulation. They limit dryness and prevent lesions.⁽¹⁾



• **Coached physical activity** under bandages. These specific exercises improve lymph circulation and allow to regain mobility and flexibility of the limb.⁽¹⁾



• **Patient education** to promote self-management and long-term control. It can include: daily skin care, exercise/movement, self-drainage (SLD), self-bandage, self-monitoring for complications and treatment adjustment according to fluctuations.

• **Psychological evaluation** performed to evaluate signs of depression, anxiety, cognitive impairment, lack of motivation, ability to cope and understanding of disease and concordance with treatment.

• **IPC (Intermittent Pneumatic Compression)** is a beneficial adjunct treatment to MLD in a multi-modality approach to control lymphedema. It is effective in removing water from the tissues but less effective towards proteins. That is why MLD remains a necessary part of the treatment.⁽²⁾

This phase duration may vary from one to several weeks, depending on the severity of the lymphedema, and can be renewed later.

The maintenance phase

As soon as a satisfying volume reduction is achieved, the maintenance phase of the lymphedema starts.⁽¹⁾

Its objective is to stabilize the volume of the reduced limb in the long term, but also to avoid relapses and to enable the patient to regain mobility.



Contain

During active time, this phase is carried out with made-to-measure patient compression garments, which help the drainage of the edema during movement.

The garments will be renewed on a regular basis under the supervision of healthcare professionals.

The compression garments contribute to:

- Facilitate lymph circulation
- Limit volume recovery



Mobilize

Daytime compression garments, due to the high level of pressure exerted, do not allow comfortable nighttime wear. For this reason, rest and nighttime garments specially adapted for lymphedema treatment should be preferred.⁽²⁾ They allow a softer pressure to be exerted while ensuring continuous treatment during the night for more efficiency.⁽³⁾

The rest and nighttime compression garments:

- Promote lymphatic circulation
- Facilitate self-management
- Act during sleep without disrupting it



Contain/Mobilize

For the breast and/or chest wall edema, it's necessary to have targeted compression around the thorax, to encourage lymphatic drainage and help maintain or reduce swelling.



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(1) Institut Curie – February 2020 – <https://www.monreseau-cancerdusein.com/dossiers/mieux-comprendre/gerer-les-suites-operatoires-les-effets-inde/lymphoedeme-ou-gros-bras/traitements-du-lymphoedeme>
(2) Johns Hopkins Medicine – February 2020 – <https://www.hopkinsmedicine.org/health/treatment-tests-and-therapies/dvt-prevention-intermittent-pneumatic-compression-devices>

(1) International Lymphoedema Framework – Best practices – Observational study – September 2016
(2) Lymphoedema Framework. Best Practice for the Management of Lymphoedema. International consensus. London: MEP Ltd, 2006.
(3) Whitaker – Lymphoedema management at night views from patients across five countries – British Journal of Community Nursing – Chronic Oedema Vol 21 N°10 – October 2016

MOBIDERM garments

Taking over from daytime compression and as an alternative to self-bandages, **MOBIDERM** garments continue mobilizing the lymphedema during the rest and nighttime, and thereby reinforce the effects of the daytime treatment

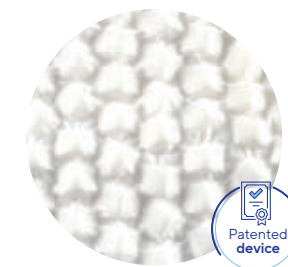
These garments are made of a soft elastic material designed to deliver a soft pressure, well-accepted* in the rest and nighttime phases. They incorporate **MOBIDERM** technology that is made up of foam blocks encased between two non-woven bandages.

It helps promoting lymphatic circulation with micro massages and mobilizes edematous or indurated subcutaneous tissues.



LYMPHATREX

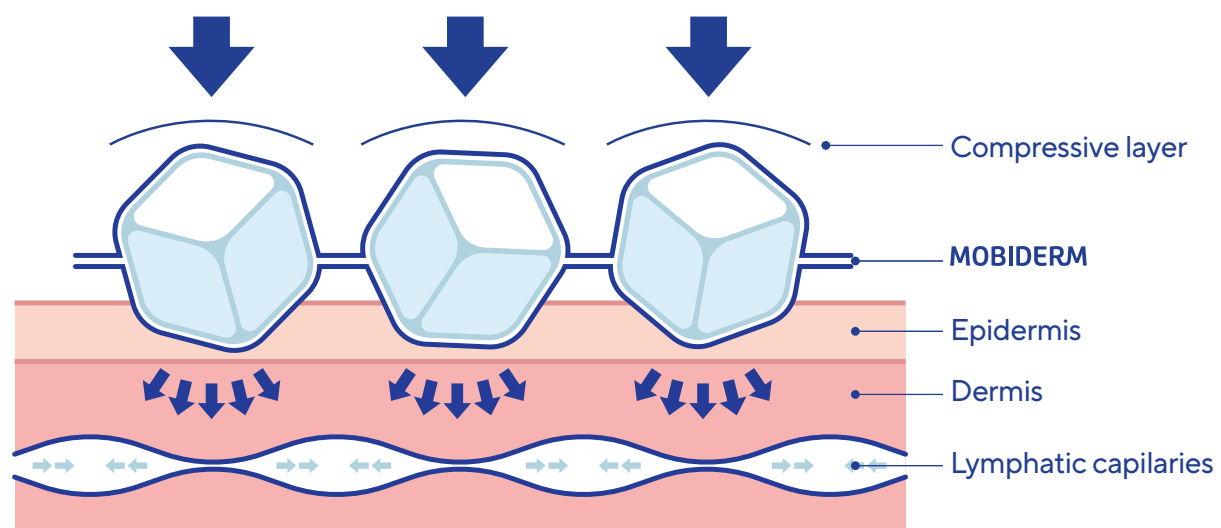
With decades of experience in the custom manufacturing of compression materials we ensure that our compression clothing fits perfectly. The materials fulfill the medical requirements (short-distension stretch), but also meet the wishes and demands of the patients: a classic choice of colours, pleasant slip-on and wearing properties as well as high wearing comfort, which comes with excellent stretching properties. They allow great freedom of movement despite the compression necessary for medical reasons. The **LYMPHATREX** materials are suitable for everyday use, skin-friendly, ointment-resistant, breathable and hypoallergenic.



MOBIDERM autofit

Patients use **MOBIDERM autofit** to stabilize the results of CDT – even during nighttime. Because it is important that the body is supported also during the maintenance phase. Used regularly, **MOBIDERM autofit** prevents the dreaded rebound effect: the worsening of symptoms after decongestion. It optimally complements the daytime care with **Thuasne®** compression products.

MOBIDERM autofit is the comfortable solution for lymphoedema: easy to put on, comfortable to wear and without the need for extensive wrapping.



* S. Mestre, C. Calais, G. Gaillard, M. Nou, M. Pasqualini, C. Ben Amor & I. Quere. Interest of an auto-adjustable nighttime compression sleeve (MOBIDERM® Autofit) in maintenance phase of upper limb lymphedema: the MARILYN pilot RCT. Supportive Care in Cancer. 2017. (8):2455-2462



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MOBIDERM Intimate Bra ●

For which patients

The Mobiderm Intimate Bra is recommended for patients who are suffering from:

- Acute or chronic breast and/or chest wall edema
- Chronic infiltration after reconstruction

Benefits

- **Ready to use:** compressing lymph bra with mobilising Mobiderm pads (2 pieces) that are integrated, removable and ready for immediate use
- **Self management:** easy to put on, hook and zip front closure, softly lined integrated pockets for breast form
- **Discreet color:** light nude color, not visible even under light clothes

Art.-No. T57 130

Sizes/Cups EUR (UK)

70-115 (XS - XL) AA/A, B/C, D/E (UK 32-50)

Compression class

Light compression 5-10mmHg

Colour

Nude



Don't be shy:

Try everything out in the medical supply store to get a feel for the different products. Nothing beats your personal impression and your feelings!

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Daily lingerie



Colours

White, Nude



Ella ●

- T-shirt bra without wires that doesn't show even under tight clothing
- Seamless moulded soft foam cups for secure hold, excellent shaping and a perfect outline
- Soft moulded breast form pockets without seams
- Elastic, continuously adjustable straps, positioned in the middle to ensure good weight distribution
- Soft net lace insert in the front middle section for a more delicate appearance
- Matching decorative straps complete the great look
- Our new colour "nude" flatters the skin and encloses the body subtly – almost invisible – even under white clothing

Art.-No. T57 540

Sizes/Cups EUR (UK)

75 – 95 AA (34 – 42 AA)
75 – 100 A – C (34 – 44 A – C)
75 – 95 D (34 – 42 D)

Hooks & Eyes

2 rows: 75 – 85 AA – D
(34 – 38 AA – D)
3 rows: 90 – 100 AA – D
(40 – 44 AA – D)

Fabric

40% PA (polyamide)
24% PUR (polyurethane)
20% EL (elastane)
16% PES (polyester)



Colours

White, Nude



Lucille ●

- Soft bra with seamless moulded cups
- Outer fabric made of elastic and supple jacquard in an elegant pattern
- Reinforced side panels offer good relief
- Wide and soft padded straps provide good support, infinitely adjustable in the back

Hooks & Eyes

3 rows all sizes

Art.-No. T57 580

Sizes/Cups EUR (UK)

75 – 100 A, (34 – 44 A)
75 – 105 B, C (34 – 46 B,C)
80 – 100 D (36 – 44 D)

Fabric

64% PA (polyamide)
34% EL (elastane)
2% PES (polyester)



Colours

White, Nude, Black,
Raspberry Red



Diana ●

- Classic design coupled with good support and coverage
- Two-section cup
- Decorative lace trim across the neckline adds elegant flair
- Made of smooth, soft microfibre
- Adjustable straps with soft shoulder padding

Hooks & Eyes

2 rows: 70 – 85 A – B,
75 – 80 C – D
3 rows: 90 – 120 A – B,
85 – 110 C – D

Art.-No. T57 255

Sizes/Cups EUR (UK)

70 – 120 A – B (32 – 52 A – B)
75 – 110 C – D (34 – 48 C – D)
New sizes up to size 120

Fabric

34% PES (polyester)
29% PA (polyamide)
21% EL (elastane)
16% CO (cotton)



Colours

Black/Anthracite
Pearl/Silkgrey



Anna ●

- Smooth-fitting T-shirt bra with graphic print
- Soft bra with moulded foam cup, ensures a smooth and even outline
- Smooth-fitting fabric with graphic print
- Side reinforcements for special support
- Adjustable straps with soft back
- Three-fold adjustable hook fastening, bigger sizes with wider fastenings

Hooks & Eyes

2 rows: 75 – 85 A – D (34 – 38 A – D)
3 rows: 90 – 100 A – C (40 – 44 A – C)
90 – 95 D (40 – 42 D)

Art.-No. T57 460

Sizes/Cups EUR (UK)

75 – 100 A – C (34 – 44 A – C)
75 – 95 D (34 – 42 D)

Fabric

55% PA (polyamide)
17% PES (polyester)
17% PUR (polyurethane)
11% EL (elastane)



Lingerie lace



Colours
White, Black



Sophie ●

- Soft comfortable wireless bra, making any irregularities become invisible
- Super-soft seamless moulded cups made of 3D spacer material with high breathability; light, elastic and fast drying
- Cups adapt to the contour gently without being bulky: reinforcement through sickle-shaped lining improves shape and hold
- Embroidered net lace at neckline, underbust and back for a fashionable, delicately feminine effect
- Elastic, continuously adjustable straps are soft and split in two at the front

Fabric
62% PES (polyester)
28% PA (polyamide)
10% EL (elastane)

Art.-No. T57 520
Sizes/Cups EUR (UK)
75 – 100 AA (34 – 44 AA)
70 – 100 A – B (32 – 44 A – B)
70 – 90 C (32 – 40 C)
75 – 90 D (34 – 40 D)
Hooks & Eyes
2 rows:
75 – 85 AA (34 – 38 AA)
70 – 85 A – B (32 – 38 A – B)
70 – 85 C (32 – 38 C)
75 – 85 D (34 – 38 D)
3 rows:
90 – 100 AA (40 – 44 AA)
90 – 100 A – B (40 – 44 A – B)
90 C (40 C)
90 D (40 D)



Colours
White, Black



Lola ●

- Elegant bra with sophisticated details
- Soft wireless bra with new modern look
- Use of new feminine jacquardtronic lace with three-dimensional embroidery
- White model has white rather than skin-coloured pockets
- Optimized cut

Hooks & Eyes
2 rows:
75 – 85 A – B (32 – 38 A – B)
75 – 80 C – E (32 – 36 C – E)
3 rows:
90 – 105 A – B (40 – 46 A – B)
85 – 105 C (38 – 46 C)
85 – 100 D (38 – 44 D)
85 – 95 E (38 – 42 E)

Art.-No. T57 258
Sizes/Cups EUR (UK)
75 – 105 A – C (32 – 46 A – C)
75 – 100 D (32 – 44 D)
75 – 95 E (32 – 42 E)
Fabric
White: 72% PA (polyamide)
24% EL (elastane)
4% CO (cotton)
Black: 77% PA (polyamide)
23% EL (elastane)



Colours
Pearl,
Nightblue/Black



Eve Lace ●

- Classy T-shirt bra in shiny jacquard
- Ensures a smooth and even outline
- Lightweight appearance thanks to the elastic, delicate Textronic lace at the back
- Moulded pocket lining made of very fine, elastic, breathable mesh
- The Limited Stretch jacquard material has a lightweight appearance and provides excellent support at the sides
- Soft lace inserts at the neckline in accordance with the fashion trend ≥ High Apex
- Narrow adjustable, padded straps with soft back, three-fold adjustable hook fastening

Art.-No. T57 480
Sizes/Cups EUR (UK)
75 – 100 A – C (34 – 44 A – C)
75 – 95 D (34 – 42 D)
Hooks & Eyes
2 rows:
75 – 85 A – D (34 – 38 A – D)
3 rows:
90 – 95 A – D (40 – 42 A – D)
100 A – C (44 A – C)
Fabric
41% PA (polyamide)
28% PUR (polyurethane)
19% PES (polyester)
12% EL (elastane)



Colours
White, Champagne, Black



Flora ●

- For a sublime and feminine look
- Supple, stretch floral lace, fully lined
- Soft shoulder padding, adjustable straps
- Neckline insert for extra security and camisole effect

Hooks & Eyes
2 rows:
70 – 85 AA – B (32 – 38 A – C)
70 – 80 C – D (32 – 36 C – D)
3 rows:
90 – 95 AA – B (40 – 42 AA)
85 – 95 C (38 – 42 C)
85 – 90 D (38 – 40 D)

Art.-No. T57 208
Sizes/Cups EUR (UK)
70 – 95 AA – C (32 – 42 AA – C)
70 – 90 D (32 – 40 D)
Fabric
75% PA (polyamide)
19% EL (elastane)
6% CO (cotton)

Lingerie support



Galant Back Fastening △



Art.-No. T57 154

Sizes/Cups EUR (UK)

80 - 100 A (36 - 44 A)
75 - 115 B - D (34 - 50 B - D)
85 - 115 E (38 - 50 E)

Hooks & Eyes

5 rows: 75 - 95 A - E (34 - 42 A - E)
6 rows: 100 - 115 A - E (44 - 50 A - E)

- Short-line bra with clever details
- Two-section cup
- Stretch lace
- Optimal support for a heavy bust, suitable for ladies suffering from shoulder-arm syndrome and/or lymphoedema
- Reinforced underbust support
- Particularly wide, softly padded straps, not adjustable

Galant Front Fastening △



Art.-No. T57 155

Sizes/Cups EUR (UK)

80 - 100 A (36 - 44 A)
80 - 115 B - C (36 - 50 B - C)
85 - 115 D - E (38 - 50 D - E)

Hooks & Eyes

7 rows: 80 - 90 A - C (36 - 40 A - C)
8 rows: 80 - 90 D - E (36 - 40 D - E)
95 - 105 A - C (42 - 46 A - C)
9 rows: 95 - 105 D - E (42 - 46 D - E)
110 - 115 A - C (48 - 50 A - C)
10 rows: 110 - 115 D - E (48 - 50 D - E)

Fabric

80% PA (polyamide)
20% EL (elastane)

Colours

White, Rosé, Black



Balanced Support ●



Colours

White, Black



- Soft wireless modern bra featuring colour-matching jacquardtronic lace with 3-dimensional embroidery
- Broad, padded and adjustable straps as well as anatomically shaped underbust band
- Cotton-rich pockets for optimal moisture exchange
- Higher cut, two-section cup and double interlock for best fit, relief and hold

Hooks & Eyes

3 rows: 80 - 90 B - F (36 - 40 B - F)
4 rows: 80 - 110 B - F (36 - 48 B - F)

Art.-No. T57 147

Sizes/Cups EUR (UK)

80 - 110 B - E (36 - 48 B - E)
80 - 105 F (36 - 46 F)

Fabric

39% PA (polyamide)
25% CO (cotton),
19% PES (polyester)
17% EL (elastane)

Natural wellbeing

SILIMA® breast forms are associated with a pleasant and natural feeling to make you feel safe and confident. Different sizes and versions are available to ensure the best possible solution for your personal situation. We worked with medical experts to develop the anatomical shape of the breast forms and match them to the body's contours. Nothing weighs heavily, constricts, or is visible under clothing. The matt, velvety surface was developed to resemble the natural feel of skin. The breast forms adapt well to the body and its natural movement. The materials are skin-friendly, easy to care for, and resistant to chlorine and salt water.

Worn with a special SILIMA® bra, these breast forms always create an aesthetic and harmonious entity. Your natural body image is recreated, right down to the last detail.

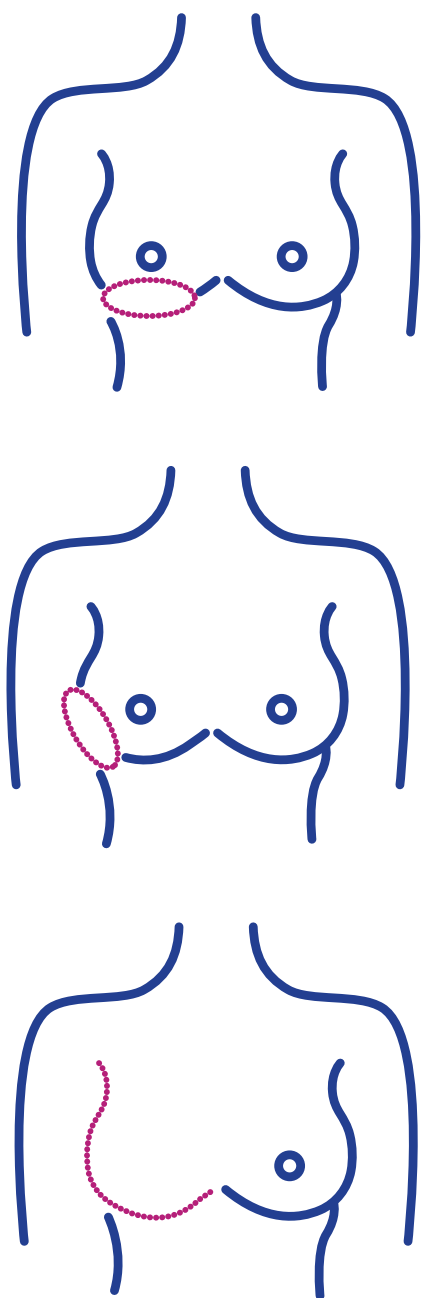


Your way to breast balancing

If you would like to get a personal impression of our products and/or your individual possibilities, it is best to contact your doctor or gynecologist and ask for a prescription. You will find professional advice at a medical supply store of your choice. Here you will also be accompanied from the exact measuring to the fitting of your natural feel-good form.



Try our partial and compensating forms now!



Our SILIMA® range for a natural balance

Did you know that about 80 percent of breast surgeries today are breast-conserving? With the partial and compensating forms from SILIMA®, women can find their individual balance after breast-conserving surgery (BCS), but also after breast reconstruction. In this way, the natural symmetrical silhouette is restored.

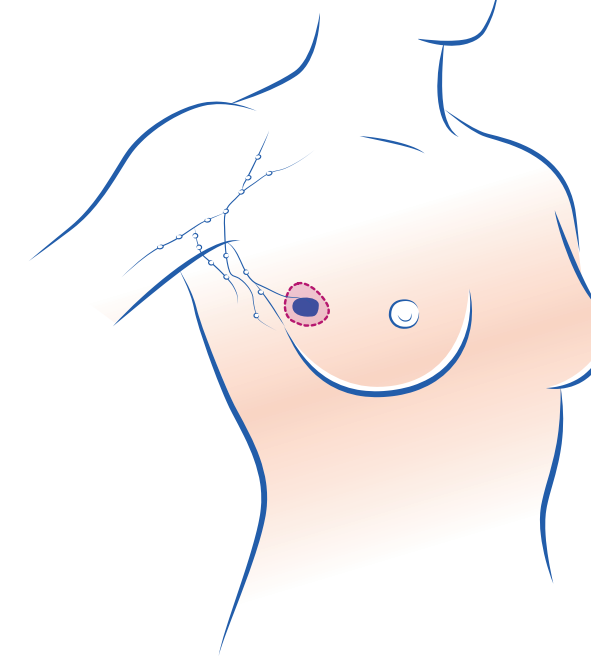


Back in balance:

Your breast. Your shape.

Our SILIMA® range for a natural balance.
Learn more about it here:





Conservative surgery

Perfect compensation and flawless contour

SILIMA® partial breast forms restore the natural symmetric contour of the bust following conservative breast surgery or extensive oncoplastic surgery with resulting aesthetic deficits.

Nowadays, some 80 percent of all patients do not need to undergo mastectomy. Conservative breast surgery is the standard approach to treating malignant breast cancer these days. Conservative therapy, or even elaborate breast reconstruction procedures, however, sometimes only result in partial recovery, or are unaesthetic. These changes are only rarely detectable immediately after surgery. They usually only occur once post-operative radiotherapy has been given. Given the preceding radiation therapy, surgical correction only rarely produces the desired result. Moreover, it entails the use of stressful reconstruction techniques.

Volume compensation
for uneven areas

Premium

For very low volume
compensation/
for nipple coverage



**SILIMA®
Xtra**

For medium volume
compensation with
or without safety strip



**SILIMA®
Shell**

Compensation
for up to 2 cup sizes



**SILIMA®
Conform**

Particularly for arm
edemas or
lymphedemas/also
for extensive volume
compensation

Pleasant
air circulation



**SILIMA®
Ultra Light**

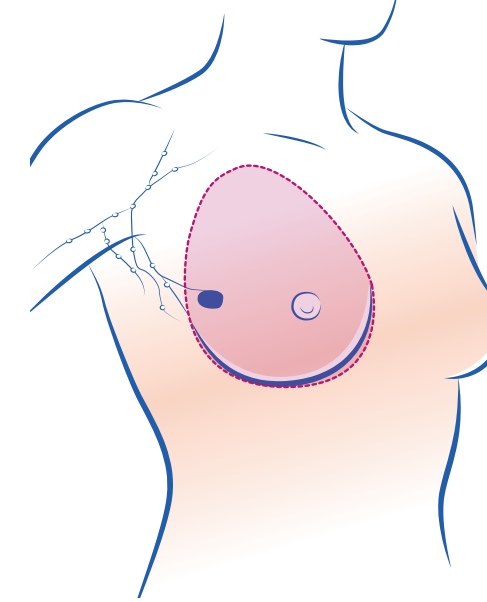
Post-mastectomy care

Individuality for a natural appearance

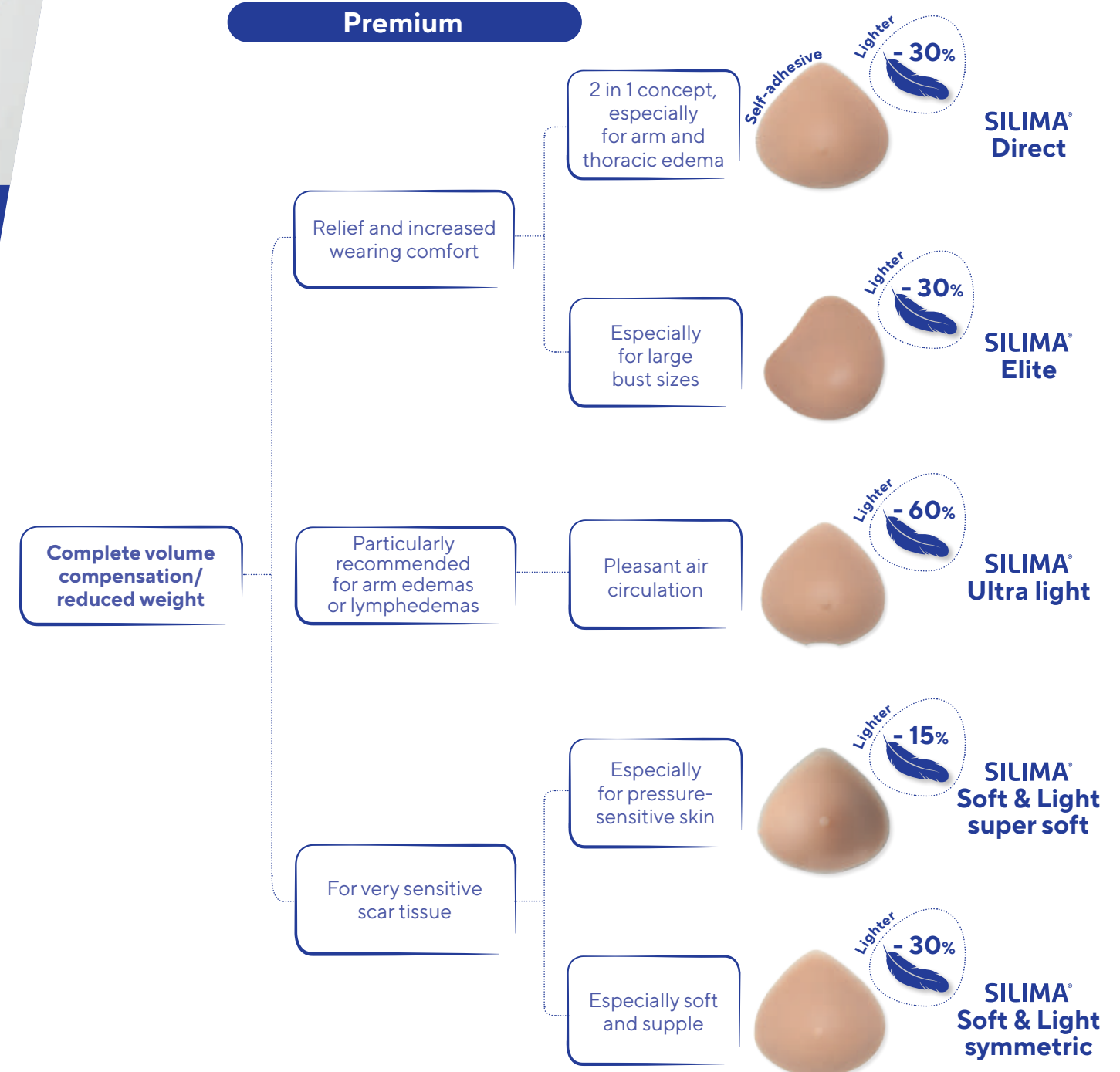
The development of SILIMA® breast forms reflects current surgery methods and compensation requirements resulting in a wide variety of forms and versions to ensure the best possible solution for you.

**For minimum/no underarm tissue deficit:
SILIMA® breast forms without lateral extension
(symmetric)**

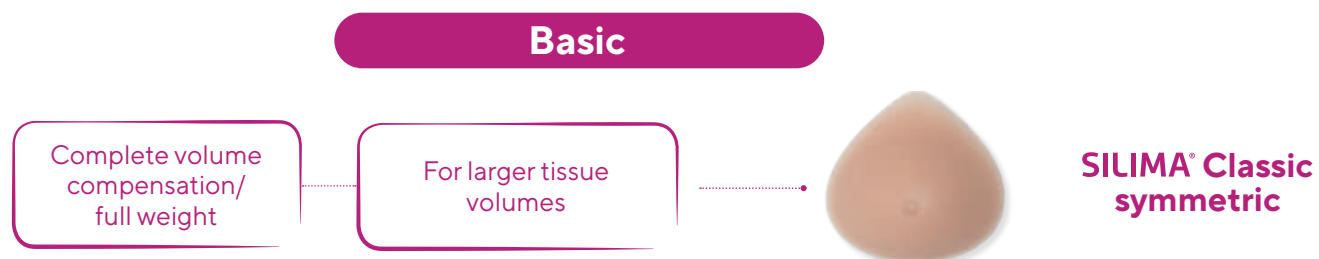
A less severe mastectomy removes the mammary tissue and some lymph nodes around the bust, while leaving the pectoral muscle and other lymph nodes. This procedure results in no, or only minimal, loss of underarm tissue. In this case, a SILIMA® breast form without a prominent lateral extension is the best solution.



Premium



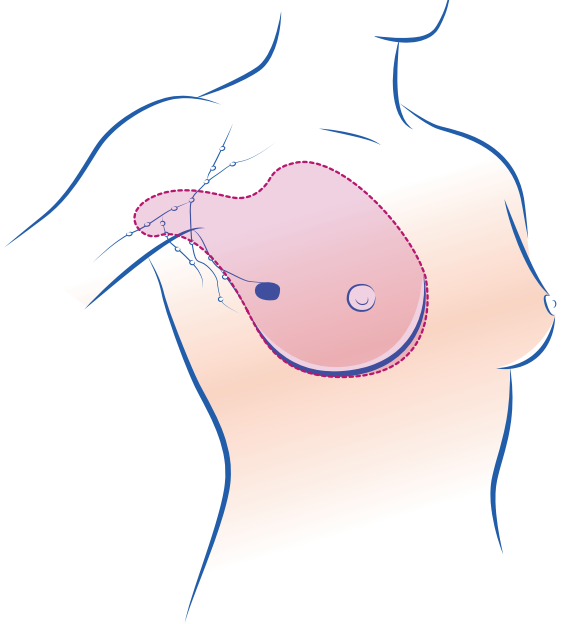
Basic



After radically modified mastectomy

For underarm tissue deficit: SILIMA® breast forms with lateral extension (asymmetric)

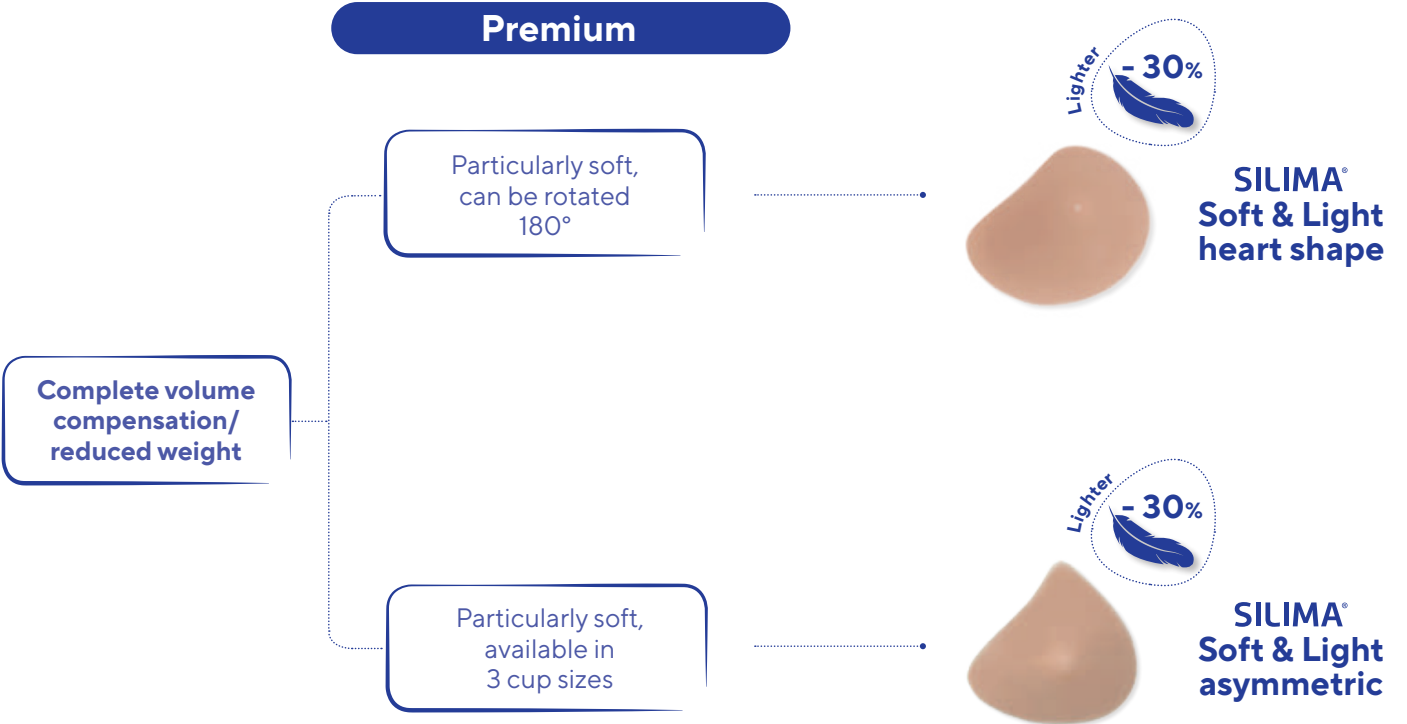
A modified radical mastectomy removes not just the mammary gland and fatty tissue, but also the lymph nodes, resulting in a noticeable loss of underarm tissue. A SILIMA® breast form with extension, i.e. that tapers at the sides under the arms, provides the best fit in such instances. This holds especially true for women with a fuller figure. By contrast, a form without extension may be more suitable for slim women, even if they have suffered tissue loss down the side.



Basic



Premium



Care and cleaning

How to keep breast forms in shape

- Wash with mild soap and rinse in warm water
- Do not use solvents under any circumstances
- Dab gently with a soft towel to dry
- Do not place the form on a radiator, nor use a hair dryer
- Use the original box to store or move the breast form

Please note:

- Be careful with pet claws – they might damage the gossamer-thin PU film
- Keep sharp or pointed objects, such as brooches, away from the breast form
- Observe the care information included with each breast form



How to look after breast forms

SILIMA® breast forms are high-quality products – pleasantly silky and skin friendly. Perspiration can, however, impair the positive material properties of SILIMA® breast forms. This is why, it is very important to clean your breast form everyday to ensure lasting elasticity and strength. SILIMA® breast forms are so easy to care for that cleaning them takes barely a minute. After all, silicone breast forms that are damaged by incorrect handling cannot be repaired.

Care and cleaning tips for delicate lingerie

In order to enjoy your lingerie as long as possible we recommend to wash it by hand. Should you however prefer to use your washing machine please observe below mentioned recommendations:

- Use a mild detergent, preferably liquid detergents that are particularly mild and gentle.
- Pay attention to the right amount of detergent – too much of it can damage the fabric, too little may not clean it properly.
- When machine washing use a washbag and the delicate cycles to protect your lingerie and underwire bras.
- To avoid damaging the tender fibres wash at 30°C and spin gently.

Care and maintenance tips for swimwear

Although made of high quality fabrics swimsuits can be damaged by chlorine and salt water and UV-radiation. To prolong the life of your swimsuit, please observe the following care instructions:

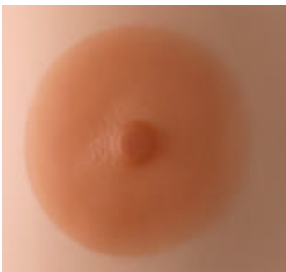
- Wash your swimsuit carefully after each wearing in lukewarm water, using a mild detergent at 30° C.
- Do not wring, do not iron, do not keep it rolled up, do not dry in the sun.
- Use a mild detergent only, do not bleach or use fabric softener.
- Do not tumble dry.
- Avoid contact with suntan lotion, creams and cosmetics. Long periods of contact with perspiration, chlorine, thermal, brine or salt water can lead to damages of the elastic fibres and can bleach the colours.

Your plus for even more naturalness

Most of SILIMA® breast forms are available in three colors. These are the light, medium and dark tones, perfectly tinted to match various skin colors. The color range makes it possible for the breast forms to look very natural even under clothing in lighter colors and/or from thinner materials.



For an even more natural appearance



A completely feminine appearance down to the last detail: self-adhesive SILIMA® nipples make your breast form look even more natural. It is impossible to see the difference, even when wearing semi-transparent clothing. An extensive range of SILIMA® nipples are available to ensure individual adaptation to the natural nipple.

For a perfectly natural-looking bust. Even after conservative or reconstructive breast surgery. The nipple can be worn directly on the skin.

- Range of colours and sizes
- Skin-friendly
- Easy to handle
- Repeatedly self-adhesive
- Adhesive layer can be cleaned and re-activated

ART. NO	PRODUCT	LIGHT TINTED	MEDIUM TINTED	DARK TINTED
T66227	SILIMA® Fiberfill triangular	x		
T66360	SILIMA® Classic asymmetric	x	x	x
T66370	SILIMA® Classic symmetric	x	x	x
T66379	SILIMA® Soft&Light, Super soft	x	x	x
T66398	SILIMA® Elite	x	x	x
T66377	SILIMA® Direct	x	x	x
T66368	SILIMA® Soft&Light asymmetric	x	x	x
T66378	SILIMA® Soft&Light symmetric	x	x	x
T66328	SILIMA® Soft&Light Heartshape	x	x	x
T66374	SILIMA® Ultra light	x	x	x
T66380	SILIMA® Shell	x	x	x
T66390	SILIMA® Conform	x	x	x
T66107	SILIMA® Xtra	x		
All	Serena	x		

Serena

The brand Serena comprises of a variety of normal weight external silicone breast forms.

The soft and skin-friendly materials used for Serena have been selected to give **maximum comfort**, ensuring stability, high elasticity and easy movement.

These properties are very similar to the natural qualities of breasts.

Serena allows you after mastectomy to recover your **natural comfort** with full confidence and helps you to find your **everyday equilibrium**.

Serena Triangular

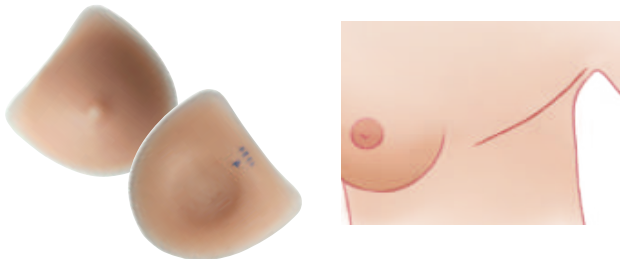


- Triangular shape, symmetric, anatomical form
- For patients with no tissue deficit in the underarm area or slim women with a slight tissue deficit only
- The form clings to the body well and without wrinkling and adjusts anatomically to the natural rounding of the ribcage.

Art.-No. 9201

Sizes
Cup 1-10

Serena Heart



- Heart shape, symmetric
- Slight lateral extensions – for patients with little or no tissue deficit in the underarm area
- Particularly suitable for larger sizes

Art.-No. 9341

Sizes
Cup 1-15

Serena Oval



- Long oval shape, symmetric
- Available in 2 versions: round cavity (9301) or oval cavity (9311)
- Underarm extension to compensate for tissue deficits
- Versatile in use: can be turned upwards for very large deficits in the neckline area

Art.-No. 9301 - 9311

Sizes
Cup 1-13

Natalia



- Delicate embroidery, back fastening, two pockets
- Excellent support and maximum comfort, especially for women with a larger bust

Art.-No. T67 200

Sizes/Cups EUR (UK)
Cup B – E, size 75 – 100 (34-44)

Colours
White, Beige



Victoria



- Elegant lace bra, back fastening, with two pockets
- Firm support, even in larger sizes

Art.-No. T67 100

Sizes/Cups EUR (UK)
Cup A – E, size 75 – 105 (34-46)

Colours
White, Beige, Black



SPORTS AND MOVEMENT

Physical wellbeing

Regardless of whether you like swimming, hiking or Nordic walking – you do not have to give up sports or activities after breast surgery. Quite the opposite: sports can actually encourage the healing process. On the same note, exercising helps with restoring the freedom of movement that may have been compromised after the operation. However, it is important to take things slowly during this sensitive period. Make sure you only attempt exercising after a thorough consultation session with your doctor, physiotherapist or lymphologist.

When performing these exercises, please make sure you avoid any swinging or jolting arm movements, and do not knead or massage the affected arm. Only a lymph therapist may perform such massage.

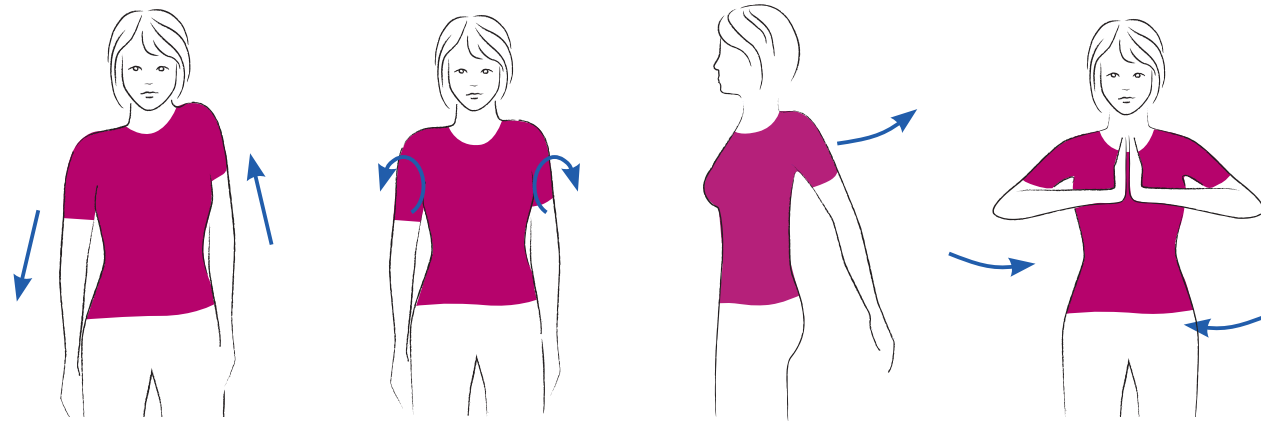


Good to know:

You don't have to give up on your favorite sports even after breast-conserving surgery. Doing sports and wearing breast forms can go hand in hand, while enhancing your level of confidence and vitality!



Exercices

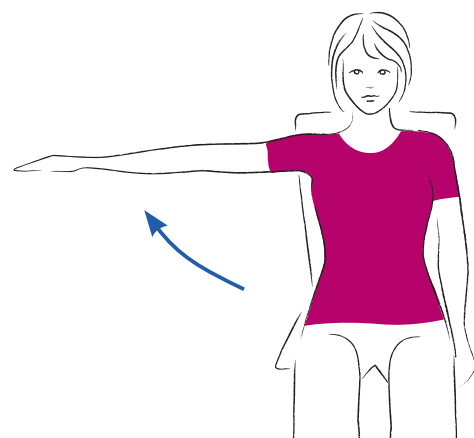


1 Pull both shoulders upwards and then slowly let them sink back. You can do this exercise one side after the other if you prefer: First pull up the right shoulder, then the left.

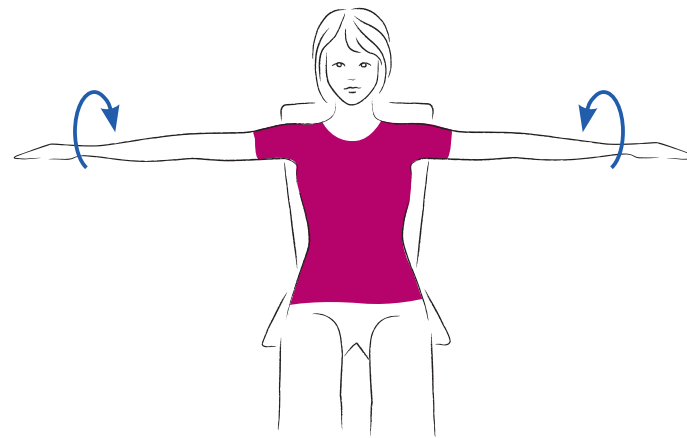
2 Draw circles with your shoulders – preferably towards the back.

3 Press both shoulder blades towards your spine.

4 Press your hands together at chest height; then release them again.



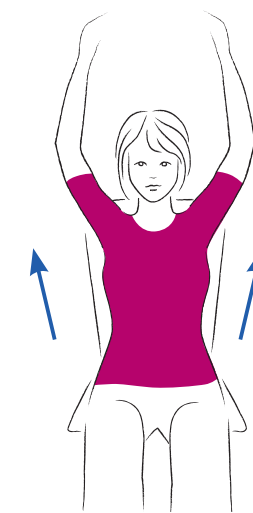
5 Take it in turns to tense first your right, then your left arm before raising it to shoulder height and lowering it again.



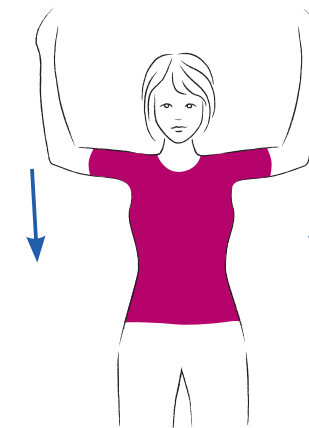
6 Raise your arms to shoulder height and draw small circles towards the back.

Please observe the following when doing the exercises:

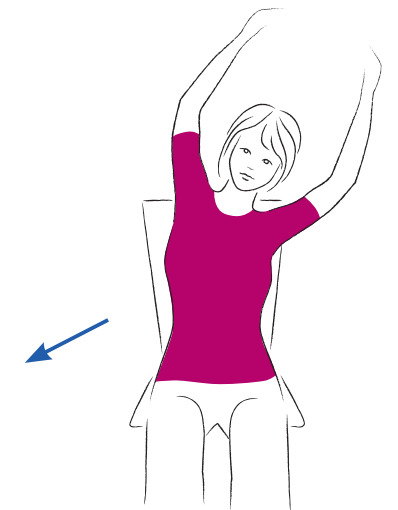
- You can have too much of a good thing: practice slowly and only for a short time. The exercises should not be exhausting.
- Be patient: the exercises will get easier from day to day.
- Do the exercises only until it starts to hurt, however, not more than 5 to 10 repetitions one after the other.



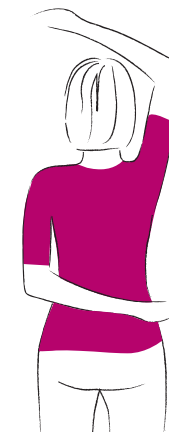
7 Sit on a chair and lay your arms on your lap. Then stretch them both upwards.



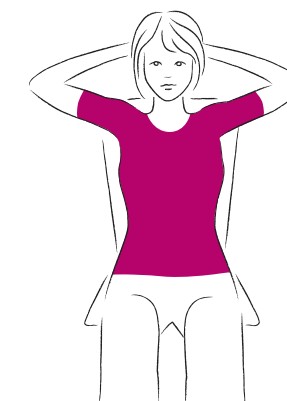
8 Raise your arms, bent at the elbow, to shoulder height. Then move your forearms up and down.



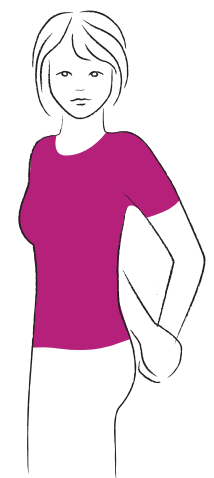
9 Sit on a chair and raise your arms upright. With arms outstretched, bend your body, first to the right, then to the left.



10 Standing up, raise your right arm above your head while at the same time stretching your left arm past your spine. Repeat on the other side.



11 Clasp both hands behind your head and stretch upwards.

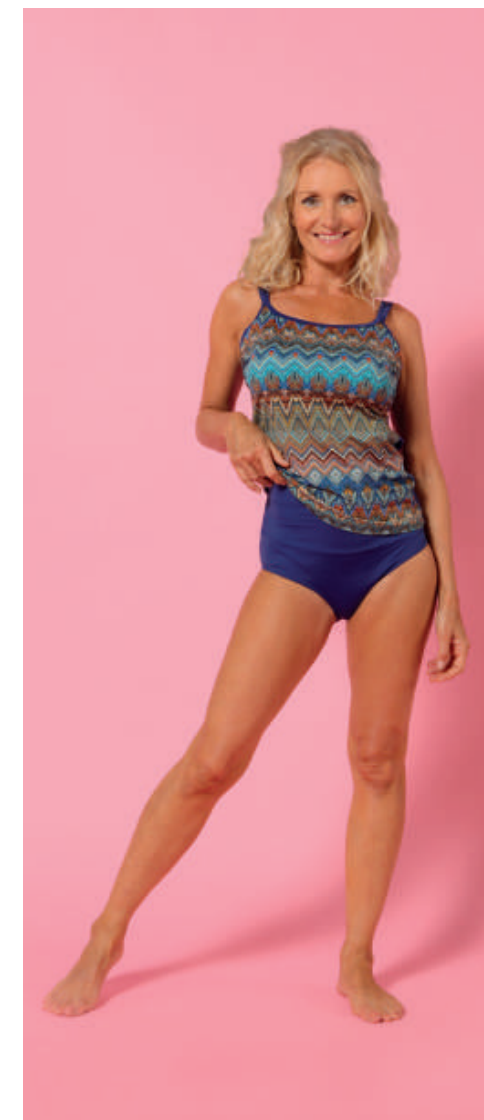
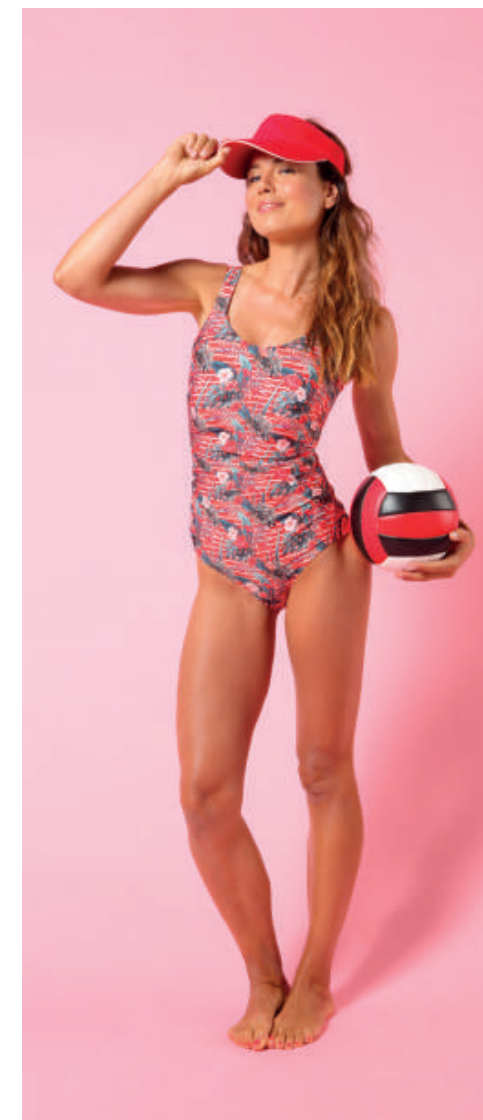
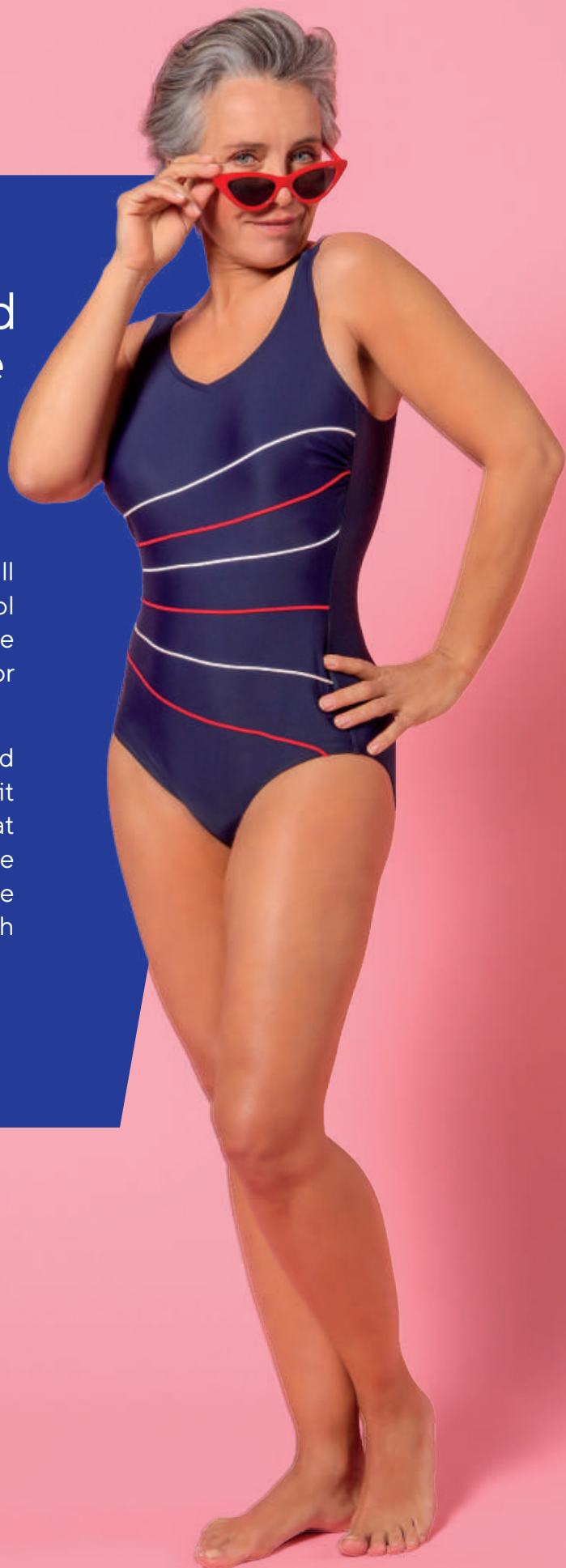


12 Fold both hands behind your back and pull back your shoulders. Release, then repeat the exercise.

Fashionable and confident at the beach

Summer, sun, leisure – you will look good at the beach or pool in SILIMA® swimwear. The wide range offers something for everyone.

The attractive styles are tailored to your specific needs – ideally fit for purpose and fashionable at the same time. The swimsuits are very comfortable and guarantee a reliably secure hold, when both sunbathing and swimming.



...and if you are looking for a special breast form for swimming, this is our recommendation:

SILIMA® Ultra light **Art-Nr. T66374**

The recessed edge on the underside allows water to run off easily. The breast form is also particularly suitable for lymphoedema due to its low weight.



Swimwear collections

Maritime - Ocean colors



Brittany^{1,3}
Art.-Nr. T59612
D NL B CH A
Cup B 38-50
Cup C 38-50
Cup D 40-50



Santorini^{3,5,6}
Art.-Nr. T59188
D NL B CH A
Cup B 38-46
Cup C 40-44



Curacao^{1,3,6}
Art.-Nr. T59189
D NL B CH A
Cup B 38-48
Cup C 40-46

Ethnic styles



Ancona^{1,3}
Art.-Nr. T59601
D NL B CH A
Cup B 38-52
Cup C 38-50
Cup D 40-50



Samoa^{3,5,6}
Art.-Nr. T59190
D NL B CH A
Cup B 38-48
Cup C 40-46

Ethnic styles - mix & match



Barbados tankini top^{3,7}
Art.-Nr. T59394
D NL B CH A
Cup A 38-44
Cup B 38-46
Cup C 40-46



Barbados tankini brief⁷
Art.-Nr. T59395
D NL B CH A
38-46



Barbados bikini top^{3,4,7}
Art.-Nr. T59258
D NL B CH A
Cup B 36-42
Cup C 38-46
Cup D 40-44



Barbados bikini brief⁷
Art.-Nr. T59259
D NL B CH A
36-46

Best of tropical dreams...



Antigua^{1,3,6}
Art.-Nr. T59185
D NL B CH A
Cup B 38-48
Cup C 40-46



Aruba^{1,3}
Art.-Nr. T59186
D NL B CH A
Cup B 38-48
Cup C 40-46



Bahamas^{2,7}
Art.-Nr. T59187
D NL B CH A
Cup B 40-56
Cup C 40-54
Cup D 42-46



Not just in summer, you can swim all year round.
The models score points for their sustainable character, as high-quality fabrics made from recycled materials are used. There are mix and match options as well as a selection of colours and patterns.



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FOR
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HEALTH

MEDROMA

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PROSTHETICS

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