

Bra's in Pregnancy

During your pregnancy your body undergoes so many changes which include an increase in your breast size and density. It is really important that you invest in a really supportive and high quality bra to ensure that you look after your breast tissue, neck, shoulders and back.

Between 14-19 weeks is generally when your breasts first start to grow and develop rapidly increasing in size. I recommend getting fitted by a bra specialist to ensure that you get the right fit and size.



Your breasts may get bigger in the last trimester, generally getting fuller and they may continue to get larger for the first 6-10 weeks post-partum due to milk engorgement. If you get fitted for the bra, the fitters will be able to advise you on the right size to allow for the additional growth.

A bra that is too small, can compress the breast tissue and potentially lead to blocked milk ducts and mastitis.

A bra that is too big, can lead to stretching and sagging of the breast tissue. It can also cause neck, shoulder and back pain.

Having a larger breast size myself I have invested in a flexiwire bra, which means that I have more support in the bra and its comfortable enough to avoid compression of the breast tissue.

Recommended Bra fitters

Brava <https://www.bravalingerie.com.au/>

Specialty Fittings Williamstown <https://specialtyfittingslingerie.com.au/>

She Science <https://shescience.com.au/>