

PROPER FIT AND CARE FOR MATERNITY BRA



CARING FOR YOUR MATERNITY BRA



Wash your maternity bra with warm water and gentle soap.

Rinse them under cold water and squeeze gently to remove excess water.

Clean them more often, as milk leaking from the breast can spoil them.

Don't use bleach as it may damage the delicate fabric and irritate your skin.

PROBLEMS AN ILL-FITTING BRA MAY CAUSE

Neck and shoulder pain

Skin abrasion, especially around the nipples

Blocked milk ducts

Mastitis

