



How To Prevent **Breast Sagging** After Pregnancy/Nursing



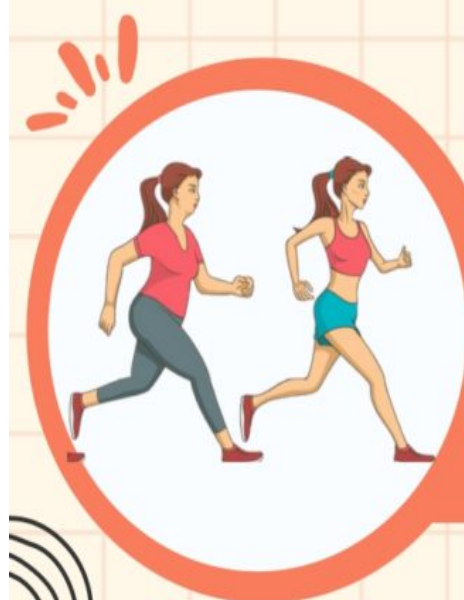
Wear a right-fitted,
supportive bra

Apply a mild and
safe moisturizer to
your breasts



Maintain an appropriate
and relaxed
breastfeeding posture

Try weaning your
baby gradually



Exercise regularly and
focus on losing
weight over the time