

RECOBRA®
A UNIQUE POST-SURGICAL BRA



E info@recoheart.com

recoheart.com



@RecoHeart



recoheartltd



reco_heart

The Reco Bra™ is an advanced post-surgery bra designed with innovative 3D seamless knit technology to support comfort, healing, and recovery.

Its soft, seamless, wireless design provides gentle compression to reduce swelling while minimising irritation. Lightweight, breathable fabric, a front fastening, and an antimicrobial finish ensure comfort, freshness, and easy wear during recovery. Combining medical-grade support with modern seamless design, the Reco Bra™ helps patients feel comfortable and confident throughout recovery.

Your under bust measurement cm (in)		Suggested RecoBra™ Size	
	65 (26) 70 (28) 75 (30) 80 (32) 85 (34) 90 (36) 95 (38) 100 (40) 105 (42) 110 (44) 115 (46) 120 (48) 125 (50) 130 (52)		Small
AA			Medium
A			Large
B			XL
C			2XL
D			3XL
DD			
E			
F			
FF			
G+			



ANTI
ODOUR



ANTI-
MICROBIAL



BREATH-
ABLE



FOUR WAY
STRETCH



MOISTURE
WICKING



REDUCE
SWEAT
STAINS



LATEX
FREE



SEAMLESS



TUMBLE
DRY

devan⁺
bi-ome

Active ingredient: dimethyloctadecyl
[3-(trimethoxysilyl) propyl]
ammoniumchloride

Reco Bra® is a registered trade
mark of Reco Heart Limited. Reco
Bra™ is a trade mark of Reco Heart
Limited. UK Registered Design Nos.
90080040220001 and 90065688460001
and Registered EU Design Nos.
008004022-0001 and 006568846-0001.
US Patent Pending. © Copyright 2026
Reco Heart Ltd. All rights reserved.



STANDARD
100
6234-7001
DTI



Designed in the UK 

89% Polyamide, 11% Elastane,
Latex free

40°C/104°F



Made in the EU
Item No: P3030.03

PURPOSE OF YOUR POST-SURGERY BRA

Your post-surgery bra is designed to support healing, improve comfort, and protect the surgical area following breast, reconstructive, plastic, cosmetic, or oncoplastic breast surgery.

INTENDED USERS

This bra may be used following the surgical procedures listed below, including procedures for women, transgender patients, and non-binary patients.

- Mastectomy
- Breast reconstruction (implant-based or autologous)
- Wide local excision (lumpectomy)
- Wire-guided biopsy/localisation
- Breast reduction
- Breast augmentation (breast enlargement)
- Breast implant removal (explant surgery)
- Mastopexy (breast lift)
- Reduction mastopexy (lift and resize)
- Nipple surgeries/procedures
- Fat grafting/fat transfer/lipofilling procedures

This post-surgery bra is designed to:

- Help support and stabilise the breasts following surgery
- Help provide wound and scar protection
- Help secure bandages, dressings or other medical devices used during recovery

INDICATIONS FOR USE

Wear the bra day and night following breast cancer, reconstructive, or cosmetic breast surgery for the period recommended by your surgical team. Please follow the advice of your nurse or surgeon.

PRECAUTIONS

- Check the size guide before opening the product. For hygiene reasons, the garment cannot be returned once it shows signs of wear
- Ensure that any dressings, bandages, or drainage tubes are positioned correctly to avoid pressure points
- If you experience wound irritation or discomfort, consult your nurse, doctor, or surgeon and continue to follow their advice throughout your recovery

HOW TO APPLY AND WEAR YOUR BRA

1. Place one arm into the post-surgery bra and pull it over your shoulder. If needed, start with your affected side first, then insert your other arm
2. Fasten the bottom hook first using the loosest

fastening position recommended by your clinical team, then close the remaining hook-and-eye fastenings from the bottom upwards. Avoid pulling the bra too low. As swelling reduces, you may be able to move to the first, innermost row of fastenings

3. Using the opposite hand, gently lift and position each breast into the non-wired compression zone so it sits comfortably and is supported underneath
4. Adjust the shoulder straps to achieve the support and lift you need. Either shoulder strap can be fully unhooked when required for breast checks or dressing changes

Wear the bra exactly as advised by your surgeon or nursing team. It should feel firm, supportive, and comfortable.

FIT CHECK

- Make sure the bra sits evenly without rolling or digging into the skin
- Fasten the front closure securely and adjust the shoulder straps as instructed
- Check that the shoulder straps feel supportive without causing pressure

DURATION OF WEAR (UNLESS ADVISED OTHERWISE)

- Wear the bra day and night for the recommended recovery period
- The bra may only be removed for showering or washing
- Continue use for the duration recommended by your surgical team

BENEFITS OF WEARING YOUR POST-SURGERY BRA

Your bra helps to:

- Support healing tissues
- Reduce swelling
- Improve comfort
- Minimise movement of the breasts
- Support surgical dressings
- Help maintain breast shape and positioning
- Reduce tension on surgical wounds

WASHING INSTRUCTIONS

- Close the hook-and-eye front fastenings and make sure the shoulder straps are also closed before washing
- Hand wash where possible using mild detergent
- If machine washing, use a gentle 40°C cycle
- Wash with similar colours in a wash bag. Do not use chlorine-based bleach or chlorine-based

disinfectants as this will destroy the durability/function of the bra

- Tumble dry on a low heat setting or air dry
- Please see the inside of the garment hem band which includes wash symbols

SKIN CARE & WHEN TO SEEK MEDICAL ADVICE

Check your skin daily for:

- Redness
- Pressure marks
- Irritation
- Excessive tightness

Contact your healthcare provider if you experience:

- Increasing pain
- Severe swelling
- Shortness of breath
- Wound leakage
- Fever or signs of infection
- Significant discomfort from the bra

REPORTING OBLIGATIONS

If you have a complaint about this device, please contact your supplier directly. In the event of a serious incident related to this device that may have led, or could lead, to serious deterioration in health or death, please contact the manufacturer and the relevant competent authority in your country. Serious incidents are defined under Article 2(65) of Regulation (EU) 2017/745 on Medical Devices (MDR).

LIFETIME OF THE DEVICE/DISPOSAL

The lifetime of this medical device is determined by natural wear and tear, even when treated correctly and as recommended. In case of signs of deterioration affecting performance and comfort, the device should be disposed of in accordance with local waste regulations.

DISCLAIMER

These instructions are provided as general guidance only and do not replace advice from your surgeon, breast care nurse, or other healthcare professional. Recovery experiences, healing times, comfort levels, and surgical outcomes vary between individuals depending on the procedure performed, medical history, and personal healing response. Use of this post-surgery bra does not guarantee specific surgical or cosmetic outcomes. Always follow the individual advice and recommendations provided by your surgical team.