

The Been-A-Boob® prosthesis

Warranty – 2 year limited warranty against manufacturing defect only.

Does not include general wear and tear due to usage.

There has to be some weight to a prosthesis so that it will react like a natural breast.

However, the weight depends on the weight of the clients' natural breast and personal choice.

If the client wears a correct fitted bra and finds the prosthesis heavy, then it is the wrong weight for her.

She should not be aware of the prosthesis while she is wearing it – it should be a part of her natural body.

NOTE: Due to the weight of their breasts, one client may need a size 5 regular weight and one may need a size 5 lightweight even though they wear the same size bra.

- Colour: beige , no other colours are available at this time
- Sizes available to fit 32A-48C
- 5" diameter Mini Pearl available in sizes 1,2 & 3 for use in regular mastectomy bras and swimsuits
- 6" diameter Pearl/Heart/Angel available in sizes 1,2 & 3 for use in regular mastectomy bras and swimsuits
- 7"-8" diameter – Spirit/Angel/Heart for use in Janac Sports Tops, regular mastectomy bras and swimsuits
- Light weight version of the Spirit Been-A-Boob® approx. 25%-30% lighter than the original
- Ultralight recommended for post-surgery, nightwear and for sensitive skin – not for swimming
- Ultralight can be used behind other prosthesis to cushion fit
- Ultralight can be used to cover the whole breast and fill in voids due to lumpectomy
- Cover/pocket for Pearl/Spirit/Heart/Angel Been-a-Boob® sold separately
- Angel style is lightweight and is suitable if padding is needed under the arm or high on the chest.
- Heart style is lightweight and is suitable if the area affected is triangular in shape.
- Spirit and Heart are available in micro-beads only (Ultralight)
- Enhance Been-a-Boob® available for lumpectomy or can be used under the arm inside a bra as a padding for swelling – available Packs of 2 in sizes 1,2,3 in micro-beads only (Ultralight)
- Freedom Been-a-Boob® available for partial mastectomy or small breasts – available in sizes 1,2,3 in either micro beads only (Ultralight), or both beads (lightweight)
- **NEW** – Ajust-A-Bab beads can be removed for a custom fit, for use during reconstruction, weight loss or if in-between regular sizes. Small-fits sizes 1,2,3 and Large-fits 4,5,6 – can be size 7 or 8 on request
- **NEW** – Ajust-A-Bab+ comes filled with fibrefil, and a bag of beads which will replace the fibrefil once the area is healed and is ready for some weight
- All shapes can be used on either left or right side
- Can be used post-surgery
- Filling – Polyethylene Pellets and/or Polystyrene Micro Beads
- **All shapes can be used to balance different sized breasts – not necessarily because of breast surgery**

Special Features

- Durable, comfortable and moves like a natural breast
- Can be used for either mastectomy or lumpectomy
- Can be worn in any bra/garment that has a pocket for a prosthesis
- Can be pinned with a safety pin if no pocket exists
- Can be worn in any swimsuit, however Ultralights are NOT recommended as they will float
- Casing Material: 92% Polyester 8% Lycra
- Filling: Regular weight Spirit (Round), Spirit Light weight, Heart & Angel – both beads
- Filling: Enhance – Polystyrene Micro Beads only
- Filling: Freedom – either both beads or micro beads only
- Hand wash, squeeze out excess water then lay flat to dry

Sports/Leisure Bras

Warranty – 2 year limited warranty against manufacturing defect only. Does not include general wear and tear due to usage.

- Five designs of sports/leisure bras available, Aggie, Anna, Dinah, Loraine and Sue
- **Aggie** – Fullest coverage, high in the front, wide underarm and wide racer back
- **Dinah** – Sportier style, lower in the front, narrower underarm and narrow racer back
- **Anna** – zippered front opening, narrow racer back
- **Sue** – zippered front opening, straight straps
- **Loraine** – High front, narrow racer back, patterned fabric subject to availability
- Available colours, Aggie, Dinah, Anna & Sue designs: black, white
- Available sizes: xsml, sml, med, lge, xlge, and xxlge. Check the website www.janacmastectomywear.com for detailed size and measurement information or call Janac directly.
- 3xl-5xl available in Anna
- If item is listed as Limited Edition, it is non-returnable

NOTE: Colours and Sizes subject to change

Special Features

- Many clients like to wear the bras as a bikini top, but it is NOT recommended as they are not chlorine resistant so it will reduce the life of the bra and we cannot guarantee colour fastness – therefore, it is the clients choice
- We have clients who have worn them swimming continuously with no adverse effect
- However, we need to protect our guarantee by not recommending them for swimming. This will also protect you as the retailer
- Easy insertion of prosthesis on Aggie, Dinah & Loraine through **top opening**, - so the bra is put on first then the prosthesis is inserted
- All styles can be worn alone, no need for a t-shirt to cover up
- Anna and Sue have the pocket openings at the side (not top).

- Sue has straight straps – for those ladies who don't like the racer back and like to wear under blouses
- Quick drying material (83% Drytech 17% Lycra) allows maximum breathability and comfort.
- The high sides help conceal any excess skin that has been left after surgery
- Hand wash – lay flat or hang to dry

Bra-Tank

- Style – MARSHA - All have coloured tops section with black bottom section, colours are; purple, deep blush, ocean blue and pink - subject to availability
- Style – BRENDA – All one colour
- XS, SM, MED, LGE, XL, and 2XL
- 3XL, 4XL, 5XL available in limited colours
- Larger sizes can be custom made at an additional charge. Check the website for more detailed size information on the bras, which are sized the same as the bra-tank, or call janac directly.

NOTE: Colours and sizes subject to availability

Special Features

- Many clients like to wear the bra-tanks as a tankini top, but it is NOT recommended as they are not chlorine resistant so it will reduce the life of the bra-tank and we cannot guarantee colour fastness – therefore, it is the clients choice
- We have clients who have worn them swimming continuously with no adverse effect
- However, we need to protect our guarantee by not recommending them for swimming. This will also protect you as the retailer
- Outer shell 100% Quick Dry Polyester – Bra Lining 87% Polyester/13% Lycra
- Easy insertion of prosthesis through **top opening**
- Can be worn with jeans or dress pants and a jacket depending on the look you want
- Hand wash – hang to dry

Cover/Pocket

- Product is a pillowcase for your Been-A-Boob®
- As you will be able to remove the cover and wash it, it will reduce the number of times you will need to launder your Been-A-Boob®
- It will make your Been-A-Boob® even softer than it already is.
- You can use the cover as a pocket and sew it in a regular swimsuit or regular bra, so you can modify your favorite ones instead of discarding them.

Fitting Guide and Tips

When fitting Janac mastectomy sports tops and the Been-A-Boob® breast prosthesis it is important to remember the following:

- 1. Fitting a mastectomy product is very similar to fitting a regular bra, in as much as the purpose is to make the client feel comfortable and look good.**
- 2. A good fitting bra is the key to help make a prosthesis fit right. So the bra should be fitted first then the prosthesis.**
- 3. Although the Spirit style (round) BABs come in lightweight, recommend that the client try the regular weight first and if she finds it too heavy, then the lightweight may be better. Remember that balance is the key to future health. If the breast form isn't the right size and weight, back and hip issues may develop.**
- 4. We are also now offering the Spirit and Heart in micro-beads only (Ultralight). Not recommended for swimming as they will float.**
- 5. The sizes 1 & 2 are good for filling in voids that are hard to fit. The BAB will cover the whole breast and fill in where it is necessary. This will result in an overall smooth shaped breast.**
- 6. The BABs are usually recommended for the following reasons: leisure wear including light exercising and swimming, if body heat is a problem due to hot flashes or just the hot summer weather especially humidity, if a heavy prosthesis is a problem, if a prosthesis is needed immediately post surgery, and if price is an issue.**
- 7. The BABs can be recommended as an accessory to the silicone version, for the reasons stated in #6.**
- 8. If the client wants to use a regular bra instead of a mastectomy bra, suggest that she has a pocket sewn in. The Been-A-Boob® can also be pinned. The problem is that if she bends down the prosthesis could fall out, so make sure you express your concerns about this happening.**
- 9. Our sports bras and bra-tanks give a different look than when the BAB is put in a regular bra. The breasts/BABs are flattened to the chest which most clients find very comfortable, but sometimes they don't like the look. They question that there is no uplift support, but the point of a sports bra is to hold them IN not UP.**
- 10. The BABs is suitable for swimming and fit well into swimsuits (except Ultralight). The BAB covers can be sewn into regular bras and swimsuits to make pockets. Washing after swimming is recommended.**
- 11. The BAB is very well constructed, therefore, pushing it into a pocket will not damage it.**
- 12. The beads will fill any uneven areas of the chest, therefore no air pockets will be present which could possibly lead to irritation due to sweating.**

13. The size chart is available as a guide. To use - Find the usual bra size and go to the column on the left that indicates the size of BAB to start with. If the chest is concave then the next size up might be appropriate. If tissue has been left then the next size down might be appropriate. As the fitter you must use your judgment to guide your client in advising which size and shape is best for her.
14. After the BAB has been inserted the client should lean forward and give a shake to settle the beads – just like a real breast in a new bra.
15. Make sure the seam around the BAB is around the rim of the bra cup so it doesn't show.
16. The client should be encouraged to put on a light top, to make sure her breasts look even. A satin robe or blouse put on backwards works well.
17. When fitting the BAB you will need to determine which shape will be best for the client. If she has a crevice slightly high up the chest wall and the affected area is triangular in shape the Heart Shape will probably be best. If she needs extra padding under the arm then the Angel will probably be best. You can also turn the Angel so that it points up the chest. Otherwise the Round should suit everyone's needs.
18. The Enhance and Freedom shapes are good for lumpectomy or small busted clients.
19. The Enhance is also good for under the arm padding, tucked inside their bra, for the following reasons; if they have a crevice, have slight lymphedema, or if their scar area is very sensitive the Enhance will take their bra away from the skin to stop it irritating. Pinning it to the bra will stop it moving.
20. The Ajust-A-Bab is for use during reconstruction as the expanders are inflated so the A-A-B can be reduced in size. Also, good for during a weight loss programme and if your client is in-between regular sizes.
21. The Ajust-A-Bab+ has a fibrefil filling for post-surgery use. Included is a bag of beads which replace the fibrefil once the surgery site is healed and then is used for the same reasons as the original Ajust-A-Bab – see 20.
22. CARE TIP- after hand washing the BAB use a towel to squeeze out as much water as possible and while it is drying turn it over and give it a rub to get any trapped water out, then it will dry very quickly. Putting it on a mesh drying rack or even a cookie cooling rack will help it to dry quickly. Putting it in a warm place such as, on top of your dryer while it is being used, is also recommended. DO NOT REMOVE the beads in the Ajust-A-Bab for washing purposes.

THIS IS A LOT OF INFORMATION, BUT HOPEFULLY IT HAS ANSWERED ANY QUESTIONS THAT YOU MAY HAVE. PLEASE READ CAREFULLY AND IF YOU HAVE ANY MORE QUESTIONS E-MAIL US AT info@janacmastectomywear.com OR PHONE US AT 289.337.1508