



### **How Can You Tell You're Wearing the Wrong Size?**

These are several signs that the bra you are wearing does not fit properly:

- ✿ **You can see breast tissue being pushed out over the top of the cups.** Unless you are wearing a demi bra, all of your breast tissue should be contained within the cup of the bra. If this is occurring try a larger cup size.
- ✿ **The bra band rides up in the back.** You are wearing a band that is too large for you. To gauge whether the band fits or not you should be able to place two fingers under the bra in the back. If you can fit more than two fingers under the band, the bra is too large.
- ✿ **The centre of the bra in the front or the underwire in an underwire bra does not lay flat against your breast bone.** The centre of the bra should lie flat against your skin, and the cup should contain all of the breast tissue. Try a larger cup size.
- ✿ **The cups are wrinkled.** Stretchy fabrics should mold to the shape of the breast, if puckering is occurring try a bra with a smaller cup size.