

Solutions to Bra Fitting Problems

Problem: How do you keep the bra from riding up in the back?

Solution: Adjust hook-and-eye closure to tighten, loosen the straps or try a smaller band size.

Problem: How do you stop the band of a bra from digging in?

Solution: Buy a bra with a wider band or one band size larger.

Problem: How do I keep from bulging out of the sides of my bra?

Solution: Order a bra that offers more cup coverage or a style with reinforced or wider sides

Problem: How do I keep from bulging out of the cups of my bra?

Solution: Choose one cup size larger or one band size larger.

Problem: How do I keep my straps from digging into my shoulders?

Solution: Loosen straps or select a bra with wider or padded straps.

Problem: How do I keep my bustline from sagging?

Solution: Buy a bra with rigid straps. Select underwire or seamed cups and avoid stretchy fabrics.

Problem: How do I keep the underwire in my bra from pinching or poking me?

Solution: Look for a style where the underwire doesn't hit directly under arm, choose a no-wire bra or try larger in underwire styles.

Problem: How do I keep the straps on my bra from slipping?

Solution: Tighten straps, select a bra with no-slip straps or choose one band size larger.

Problem: How do I keep the cups on my bra from gapping or puckering?

Solution: Go down a cup size or try a different style that offers less fullness in the cup.

Problem: My breasts are two different cup sizes, which should I fit?

Solution: Always fit your larger breast. Select styles with stretch or padded cups that form to your shape.

Problem: How do I care for my bra?

Solution: Maintaining a bra's shape is easy if you follow the care instructions on the inside label. Here are a few additional pointers:

- To prevent snagging or loosening of hooks, fasten bras together before washing.
- Place your bras in hosiery or lingerie bags prior to washing.
- Always wash your bras in the delicate cycle in either warm or cool water.
- Use a delicate soap and never use bleach.
- Always line-dry your bras. Dryers can shrink or alter the shape of bras.
- Never wear the same bra two days in a row because the fabric will stretch out of place.