

Mastectomy Fitting & Insurance Checklist

Bring this form to insurance calls, hospital boutiques, or certified mastectomy fitters to keep details organised. Pair with the measurement log template and calculator once your care team gives the go-ahead for fittings.

Care team & coverage quick facts

Surgeon / oncology nurse contact:

Insurance provider & plan ID:

Last post-surgery clearance date:

Before you call insurers

- ☐ Confirm surgery date(s) and procedure type (unilateral/bilateral).
- ☐ Ask surgeon for written prescription / letter of medical necessity.
- ☐ Review policy benefits (HCPCS L8000–L8039 for breast prostheses in US).
- ☐ Note annual allowances and number of bras/forms covered.

Insurance call notes

- ☐ Coverage for pocketed bras / compression garments:
- ☐ Network or preferred suppliers:
- ☐ Required documentation (prescription, pathology reports):
- ☐ Billing codes or claim forms provided:

Fitter appointment prep

- ☐ Bring compression garment, preferred tops, and any existing prostheses.
- ☐ Ask about lightweight vs silicone forms and pocket styles.
- ☐ Confirm alteration options (strap shortening, prosthesis trimming).
- ☐ Record follow-up policy if additional fittings are needed.

Post-fit checklist

- ☐ Verify comfort while seated, standing, and raising arms slightly.
- ☐ Check scar areas for pressure; note adjustments to request.
- ☐ Get written care instructions and replacement timeline.
- ☐ Schedule follow-up visit or telehealth check if offered.