

KNITTED KNOCKERS

Bra Guide for Recipients

Tips from our community — for our community

Finding the right bra can make a world of difference in how comfortable and confident you feel wearing your Knitted Kocker. The good news? Our community of recipients has done a lot of the trial and error for you! Here's what they've found works best.

The #1 thing to look for: a built-in pocket

Any bra with a built-in pocket or removable pad insert is likely to work well. When shopping, look for bras that say:

- "Removable pads" or "removable inserts"
- "Modesty pad pocket"
- "Side slit" or "side opening"



If the bra has a slit for a removable pad, your Kocker will likely slide right in. You may need to snip the opening slightly wider — that's an easy fix!

Sports bras with inserts

Sports bras with thin removable inserts are among the most popular choices in our community. Simply remove the insert and slide your kocker in. Zip-front and front-latch styles are particularly easy to get on and off.

Community favorites:

Jockey	Champion	ULERSP (Amazon)	Boscov's
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Try sizing up by one in a sports bra — it adds comfort around the body without affecting the fit in the cups.

Regular bras that work well

Many everyday bras fit Knitted Knockers beautifully, especially those designed with post-mastectomy needs in mind. Here are brands our recipients love:

Evelyn & Bobbie - Defy	AnaOno	Amoena	Gailife Jelly
Nearly Me Style #660	Bali	Genie Bra	Nicola Jane

The Gailife Jelly bra is a newer favorite — it has modesty pad pockets that can be enlarged to fit the knocker, plus a soft jelly support that acts a bit like an underwire.

Nearly Me Style #660 has a lace cami insert between cups that helps with any gapping, and wide comfortable straps. Available in several colors.

Other styles worth trying

- **Bandeau bras:** Perfect for shape under sundresses and casual wear. Torrid's bandeau bras have side slits already built in.
- **Pocket camis:** Great for a relaxed, comfortable all-day fit.
- **Compression bras (e.g. Prairie Wear):** Helpful if you're managing lymphedema.
- **DIY pocket bra:** If you sew, adding a fabric pocket to the inside of a cup is a lovely option — several of our recipients have done this beautifully!

Keeping your Knocker in place

Even with the right bra, you might want a little extra security. These simple tricks work well:

- A small safety pin — quick, easy, and effective
- A Velcro tab sewn or attached inside the bra cup
- Loosely stitching the knocker into the bra — it washes and air-dries right along with it

Need a little more weight?

Some women find adding a small amount of weight through the back of the Knocker helps it settle more naturally. A smooth small stone or “glass gems”, a drapery weight, or a few coins tucked in work well.



Always be gentle — avoid cinching or pulling your Knocker too tight when making adjustments.

Washing your Knocker

Most Knitted Knockers can be hand-washed or machine-washed in cold water on a gentle cycle. Air-dry flat.

If your knocker is stitched into your bra, it can be laundered right along with the bra — just air-dry together. Easy!

You are not alone. ♥

Every woman's body and journey is different. Be patient and gentle with yourself as you find what works best for you. And remember — our community is always here.

To request free Knitted Knockers or find a local knitter, visit knittedknockers.org

Knitted Knockers Support Foundation

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