

## My EmmaJane Bra - How do breasts change during pregnancy?

What's happening to my bust? by Leigh Martin (Maternity and Nursing Specialist Bra fitter)

They're changing every day, they're sore, and your partner seems to find them irresistible.

What's going on?

How do breasts change during pregnancy?

Your breasts are made up of fatty tissue, connective tissues and glands, enclosed in skin. During your pregnancy, the mammary glands expand and fluid is stored in the tissue.

Each breast will become 300-500g heavier (it's like having a pair of chicken breasts tucked in each bra cup!). As you can imagine, this puts the surrounding skin and tissue under a lot of strain. Your rib cage will expand slightly and your bra size may increase by 1-2 sizes - 34B to 38D isn't unusual. While your partner may appreciate this, it isn't without its problems.

A couple of days after your baby is born, you will notice your cup size grow again - that's your milk arriving. This is often associated with tenderness or soreness. But while your cup size is growing, the measurement around your rib cage will slowly return to normal.