

SIZE GUIDE



OVER BUST

Your tape measure lies horizontally straight on your nipples

UNDER BUST

Right under your chest

BRAS

SIZE XS

Under bust	25 to 29 inch
Over bust	32 to 34 inch

SIZE S

Under bust	27 to 31 inch
Over bust	34 to 36 inch

SIZE M

Under bust	29 to 33 inch
Over bust	36 to 38 inch

SIZE L

Under bust	31 to 35 inch
Over bust	38 to 40 inch

SIZE XL

Under bust	33 to 37 inch
Over bust	40 to 42 inch

SIZE 2XL

Under bust	35 to 39 inch
Over bust	42 to 44 inch

SIZE 3XL

Under bust	37 to 41 inch
Over bust	44 to 46 inch

All sizes match up to C cup. If your patient is more than a C cup she should size up 1 size. For example if she would normally be considered a size M based on measurements, but is now a D cup, choose Poppy Bra size L and make the underbust tighter with the lateral adjustment hooks provided.