



After undergoing a bilateral mastectomy, in which both breasts were removed, Lisa Crites thought she had been through the worst. Then her doctor told her she would not be able to shower for several weeks, due to post-surgical drains which had been placed in her chest after surgery. Those drains, commonly known as JP drains, cannot get wet, and if they do, patients have an increased chance of infection due to the bacteria in water.

Lisa was surprised to discover no garments were available to protect her surgical drains, so she took matters into her own hands. Improvising a cover out of a beauty salon cape, she created the first Shower Shirt™. “My goal all along has been to make other women feel better after the physical trauma of having their breasts amputated,” Lisa explains. “This is my small way of contributing and giving something back to other breast cancer survivors.”

Lisa perfected her Shower Shirt™ design for use after any breast surgery requiring drains: lumpectomy, mastectomy, reconstruction, breast reduction or augmentation. The sporty, bolero-jacket look of the Shower Shirt™ also enables women to continue wearing it after they no longer have a clinical use for it.



# Shower in Stride

Survivor Lisa Crites  
Uses Her Experience  
to Help Others



“The product has also been adapted to meet the needs of radiation patients who have catheters which need to be protected from water while bathing or showering, along with dialysis patients who may have fistula’s which cannot get wet for months at a time,” added Crites.

Bringing the Shower Shirt™ to the market-place has been the most complicated part of her journey. “It’s been a difficult process, though a cathartic one,” Lisa says of the regulatory hurdles she’s faced. “I’ve spent more than a year on patent applications, regulatory documents, design patterns and prototypes.”

Lisa’s dedication to her vision of helping other breast cancer

survivors has finally been realized. The Shower Shirt™ is available in multiple locations across the United States, and is being sold to patients in Canada and Europe. The mastectomy product has also been endorsed by the American Cancer Society which sells the product online and in their “TLC” retail catalog.

“I’m also excited to announce that Walmart is in the process of creating a medical device division and the product will soon be available on the [walmart.com](http://walmart.com) website,” added Crites.

For more information or to find locations which carry the Shower Shirt™, go to [www.theshowershirt.com](http://www.theshowershirt.com).

“My hope is that the Shower Shirt™ will help to make the recovery process easier for future breast cancer and mastectomy patients.”

Lisa Crites- The Shower Shirt™ Company President and inventor