

MAKING YOUR OWN BREAST IMPLANT SIZING FORMS (The Rice Test)

Breast implants are available in a wide range of sizes. Part of the challenge of breast augmentation or breast reconstruction is choosing the right size. It is often helpful for you to try different sizes in the comfort and privacy of your own home. You might also see how a size looks with different clothing ensembles.

You can make your own breast implant sizing forms from readily available and inexpensive materials. The goal of using the sizing forms is to quickly give you and your doctor an idea about the best VOLUME for you. You may notice the look of a fuller, shapelier breast, but remember that they are only approximations of how your implants might look.

An easy and popular do-it-yourself test implant method is the “**Rice Test**”

To do the rice test, you'll need the following materials:

- 1 pair of knee high nylons (or cut off pantyhose), or Ziploc baggies
- Measuring cup
- Rice

Use knee-high nylons or Ziploc baggies, and fill them with the desired amount of cubic centimeters (cc's) of rice. If using a pair of knee-high nylons, place rice in the nylon, then twist the opening and fold the nylon over on itself to contain the rice.

Once you have them filled, try them on under a bra that would normally be somewhat loose on you. (REMEMBER NOT TO USE A PADDED BRA FOR THIS TEST)

1 ounce = 30cc
8 ounces=240cc (1 cup)
16 ounce = 480cc (2 cups)

Measuring Rice:

1 cup = 240cc	¼ cup = 300cc
1 1/3 cup = 320cc	1 ½ cup = 360cc
1 2/3 cup = 400cc	1 ¾ cup = 420cc
2 cups = 480cc	

Good Luck! Most of all ... have FUN.