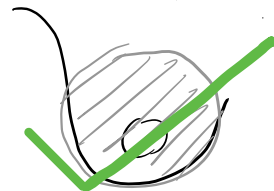
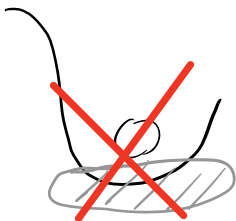
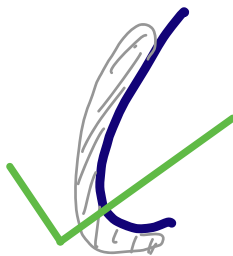
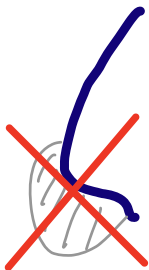
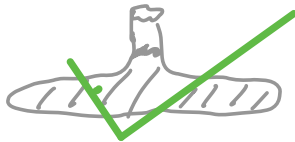


Breast Implant Volume Rice Test

- Don't try to make it look like an implant!
- Make a "pancake" to cover your breast



DATE/...../.....

LEFTg

RIGHT.....g

- Cook 100g of dry white rice; it will then weigh 300g and also triple in volume.
- Put 250 g of this cooked rice, (once cool), in a bag and flatten it a little on a work surface before getting the air out and tying. **DO NOT TRY TO MAKE IT LOOK LIKE AN IMPLANT!**
- Put on a non padded bra of the size you are aiming for post op.
- Put the flattened rice bag in the bra so that it covers all of your breast- not just the lower part.
- Put on a tight top and mould the rice so that your breast/rice combination looks like a breast!
- Assess in a mirror and possibly with friends/family advice.
- Adjust the amount of rice up or down until you have achieved the appearance that you are aiming for. (You may need to cook a little more rice..).
- Try on different clothes.
- When you think you have the correct size, re-weigh the bag and write down the weight in grams.
- Make another "rice implant" for the opposite side.
- If your breasts are of different sizes this is a very important thing to do. It may take a completely different weight of cooked rice to give the same appearance on both sides. If so, make sure you write down each weight.
- A good thing to do now is to go out and socialise, (abide by current social distancing advice); see how you feel with a larger chest in public:
 - Some patients feel extremely self conscious in public with a large implant having felt happy in the safety of their home.
 - For some other patients it may be the other way round; they may have been concerned about the effect and only used a small amount of rice only to find that once in public they would have felt happy being a little larger.
- Discard the used rice and bags afterwards for hygiene reasons; please do not bring them in to the consultation!