Estimating the breast implant size

Requirements

- Bra in the size you want to be: ***Non-wired, Non-padded***
- Pair of pop socks
- Kitchen measuring jug
- Uncooked lentils or rice

Method

- Measure out the volume you have been told by placing the uncooked lentils or rice in the measuring jug, do *not* weigh it on a scale.
- Place this amount into a pop sock such that it is in the centre of the sock and ensure it is not all in the toes of the sock.
- Tie the open end and the toes section of the pop sock.
- Place the filled sock in the bra and pat it into shape such that it is flat and round.
- Make sure that the knot of the pop sock is towards the axilla (armpit)
- Wear a well-fitting T-shirt over your new bra with the implant estimation pop-up socks in place for 2-3 hours. This will give you an idea if the volume is correct. If you feel that it is smaller than anticipated, please repeat by filling in a larger volume, usually by increments of 20-40cc/ml. Similarly, decrease the amount of filler used if you feel that the size is larger that you would like.
- Once you have reached a decision regarding the volume, please let your surgeon know. The implants will then have to be ordered.

Post-operative bra

- You will need to wear this for 4 weeks 24hrs/day, followed by day time wear for a further 2 weeks.
- The bras that you need when you are admitted for surgery must be a support bra with a cup shape to it, not a shock-absorber type, which will flatten the breasts.
- The bras need to non-wired and must provide good support and should preferably have broad straps with back-fastening.
- The cup size needs to one up from the size you would like to be. Eg: if you want to be a 34C, then please buy a 34D to allow for post-operative swelling.
- To allow for swelling on the chest wall girth, please buy 2-3 bra extension straps, available in Haberdashery sections of Department stores or specialist Sewing shops. Alternatively, you can buy a front-fastening post-surgical bra, available widely.

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