Estimating the volume difference in breast asymmetry

Requirements

- Bra in the size that fits the larger breast snugly (this leaves the cup for the smaller breast a loose-fit): ***non-wired, non-padded***
- A pop sock
- Kitchen measuring jug
- Uncooked lentils or rice

Method

- Measure out a volume starting with 50 or 100cc/mls by pouring the uncooked lentils or rice in the measuring jug as if it is a liquid (but we know it is a solid)
- 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 cup with the smaller breast 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 rice-bag pop-sock in place for 2-3 hours. This will give you an idea if the volume is correct. If you feel that it is still smaller, 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, double-check by pouring it back into the measuring jug and make a note of the 'cc/mls'. Please let your surgeon/secretary know. This gives your surgeon a good idea regarding the volume difference between the two breasts.

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.

Miss Anita Hazari MBBS, MD, FRCS (Plast)
Consultant Plastic & Reconstructive Surgeon
01342-330396 secretaryanitahazari@btinternet.com **www.anitahazari.co.uk**

- 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.

Miss Anita Hazari MBBS, MD, FRCS (Plast)
Consultant Plastic & Reconstructive Surgeon
01342-330396 secretaryanitahazari@btinternet.com **www.anitahazari.co.uk**