



A Guide To 'The Rice Test' For Your Implants

Choosing the size of your new implants can be a daunting experience as well as an exciting one. I designed this guide to help you feel more confident in making your decision. If you have any questions regarding it or any other aspect of your procedure, please do not hesitate to contact me.

Important points to remember

- Cup size is not an exact science. It is common to find that you are one cup size at a certain retailers, but then a different cup size at another. The general rule of thumb is 100-150mls = 1 cup size.
- The shape of the rice "implant" will not accurately match an implant; it will however give you an idea of the volume added to your breast with an implant.
- I will have provided you with a range of sizes based on our discussion at your consultation. These are meant as guide for you to take you up to your desired cup size. If you feel you wish to go a little bigger or smaller than this, please feel free to go ahead and try it.
- The majority of implants increase with small increments of 20mls. If you are struggling to decide between 2 implants for example a 360ml and a 380ml I would usually suggest you go for the larger of the two implants.

The Rice Test

For the rice test you will need a **measuring jug, rice (uncooked)** and **an old pair of tights**.

Method:

1. Measure out your required amount of rice into the measuring jug as if it were water (mls not grams).
2. Pour the rice into the foot of one of the tights and tie a knot to secure the rice inside then shape it into a dome like shape.
3. Repeat with the other foot from the tights so you have two rice "implants", then simply place them in a well-fitting bra in your ideal size post operatively.
4. Try on your tops, dresses and jackets to get a feel for the size. If you feel you wish to go bigger or smaller, simply empty the rice out and re-measure either adding or subtracting 20mls of rice until you are happy.





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I hope you find this information useful. If you have any questions or require a little more information then please do not hesitate to [contact me](#).



Anne Dancey

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