

# BREAST SIZING

## RICE BAG TEST

### What is the rice bag test?

Deciding on the best volume of implant to suit you is probably the most critical decision in planning breast augmentation. In a similar vein, if you have breast asymmetry, working out the difference in size between your breasts is important to enable accurate planning of your surgery. The aim of the 'rice bag test' is to enable you to work this out in the privacy of your own home in your own time. Mr Banwell will, of course, discuss your aims and objectives during the consultations and you are welcome to bring pictures if you think that will help. He will help you in the decision making for sizing of your implants but ultimately YOU will make the decision.

### What do I need?

You will need the following:

- a set of kitchen scales or measuring jug
- a bag of UNCOOKED rice – long grain, short grain, brown, basmati, Uncle Ben's – anything but uncooked
- cling film or a pair of pop socks
- a sports bra of the size you would like to aim for (or one that comfortably fits your larger breast if you are doing this to work out the size difference between your breasts).

### Using the rice bag test to work out breast implant size

If using the rice bag test to determine breast implant size for both breasts, you will need to make up several pairs of cling film 'rice bags' with differing volumes of rice - you should have an idea of the sort of weight / volume you will be aiming for after your consultation with Mr Banwell. Typically, you will make up two cling film rice bags with 280grams and two with 320grams - these amounts are not absolute, so you can vary them to suit you.

You should then place your rice bags into your new bra and try on different clothes (tight and loose t-shirts and tops, jumpers, evening clothes and pyjamas) to see what size you are comfortable with. This gives a good estimation of the breast implant size.

### Using the rice bag test to estimate the difference in size between your breasts in breast asymmetry

In a similar manner to above, place different sized rice bags into the bra cup of the smaller breast. You can then vary the amount of rice in the bag until you work out what amount is needed to match your breasts. This gives a good idea of the size difference between your breasts, which in turn helps estimate either the size of breast implant to be used on your smaller side, or alternatively the amount your larger breast needs to be reduced by to match your smaller breast.

### What happens next?

Once you have determined the results of the rice bag test, you should either contact Mr Banwell's team or his aesthetic nurse, with the results (the weight and volume of the rice needed), or you can discuss the results with Mr Banwell at your next consultation. Mr Banwell also offers complimentary breast sizing with his aesthetic nurse using the Biodynamic kit from Allergan (Natrelle). The results are a useful guide, but are only used as part of the process of estimating breast implant size. Other characteristics of your breasts also play a crucial role in working out the best breast implant for you.