



ESTIMATING BREAST IMPLANT SIZE AT HOME

Use a knee high nylon stocking. One for each "implant".

Measure out with a measuring cup, in cc's or ml's dry white rice or dry oatmeal.

Try different amounts of volume (such as 200cc's, 250, 300, 350, 400cc's, etc.)

Twist tie the nylon closed and place it in your bra with an appropriate cup size, i.e. C-cup.

Try on different types of shirts to see what the particular size looks like on you.

The best type of clothes to use is tight fitting thin material.

Please note: This is only an estimation of the implant size. Dr. Fedele may vary the implant size based on appearance intraoperatively. The volume that you feel is the best for you may require slightly larger implants to achieve this same effect with any implant placed underneath the muscle and underneath the breast tissue. Approximately 30cc's more would be needed to achieve the same effect.