



# Sizing for Breast Augmentation

*My breast patients are concerned with two things more than anything, size and shape. Sizing is probably the single most discussed matter prior to surgery.*

We consider several important measures in order to give you a high chance of being satisfied after surgery. You can do much of the sizing yourself, at home and even before you have seen me in consultation if you do the following to steps, and are reasonable in your expectations:

*First, using a tape measure, take the following measurements, while looking in the mirror:*

1. The distance from your nipple to the fold under your breast. You take this with the lower breast stretched upwards gently. This will average about 6-8 cms. In patients whose measure here is short, smaller implants will be necessary.
2. Measure also the distance across the breast from the inner edge of the breast to its outer edge, in a straight line (not along the curve of the protruding breast, which will be longer).
3. Now reference the Mentor implant size table. In most patients we use what are called moderate plus implants:

*For example, in a patient who measures 6 cms from nipple to fold, and is 12 cms across, the maximum implant size in a MOD PLUS implant is about 300cc's:*

## Smooth Round Moderate Plus Profile, Cohesive I™



Volume	Diameter	Projection	Catalog #	Resterilizable Gel Sizer*
125 cc	8,9 cm	2,8 cm	<b>350-1251 BC</b>	RSZ-1251
150 cc	9,5 cm	2,9 cm	<b>350-1501 BC</b>	RSZ-1501
175 cc	10,0 cm	3,1 cm	<b>350-1751 BC</b>	RSZ-1751
200 cc	10,5 cm	3,2 cm	<b>350-2001 BC</b>	RSZ-2001
225 cc	10,9 cm	3,3 cm	<b>350-2251 BC</b>	RSZ-2251
250 cc	11,3 cm	3,4 cm	<b>350-2501 BC</b>	RSZ-2501
275 cc	11,7 cm	3,5 cm	<b>350-2751 BC</b>	RSZ-2751
<b>300 cc</b>	<b>12,0 cm</b>	<b>3,6 cm</b>	<b>350-3001 BC</b>	RSZ-3001
325 cc	12,3 cm	3,8 cm	<b>350-3251 BC</b>	RSZ-3251
350 cc	12,5 cm	3,9 cm	<b>350-3501 BC</b>	RSZ-3501
375 cc	12,8 cm	4,0 cm	<b>350-3751 BC</b>	RSZ-3751
400 cc	13,1 cm	4,0 cm	<b>350-4001 BC</b>	RSZ-4001
425 cc	13,5 cm	4,1 cm	<b>350-4251 BC</b>	RSZ-4251S
450 cc	13,6 cm	4,2 cm	<b>350-4501 BC</b>	RSZ-4501
475 cc	14,0 cm	4,2 cm	<b>350-4751 BC</b>	RSZ-4751S
500 cc	14,1 cm	4,3 cm	<b>350-5001 BC</b>	RSZ-5001
525 cc	14,5 cm	4,4 cm	<b>350-5251 BC</b>	RSZ-5251S
550 cc	14,6 cm	4,5 cm	<b>350-5501 BC</b>	RSZ-5501
575 cc	14,9 cm	4,6 cm	<b>350-5751 BC</b>	RSZ-5751S
600 cc	15,0 cm	4,6 cm	<b>350-6001 BC</b>	RSZ-6001



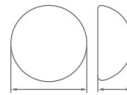
The implant width (diameter) must fit easily within the breast width (what you measured). Half that diameter (radius) must fit between the nipple and the breast fold. If it is too large, the implant will look "top heavy" after surgery, and force the nipple downwards. The table will give a range of implants which will be usable. I like there to be a little extra, to be sure the implant will have some mobility.

*Next:*

1. Buy a soft sports bra without padding preferably one with a front closure, in about the size that you would like to be after surgery.
  - Your band width will not change (a 34 will still be a 34)
2. Put the bra on at home with either a t shirt or sheer blouse. Using either plastic bags with warm water or rice gradually pad out the bra until it is filled out the way you likely will want. Using a measuring cup, start with 150 cc and increase until you reach the desired size.
3. The maximum amount will be determined by your measurements and the table in the first section.
4. Once you have the desired look and feel, empty the contents into a measuring cup so you know the amount of water or rice used.
5. YOU MAY WANT TO GO LARGER. If so, we would use a high profile (narrower) implant which will allow a somewhat larger implant. These are narrower, and protrude more, so they have more volume on a smaller base.

*The same patient, with 12 cms across and 6 cms from nipple to crease, can go to 375cc with a High Profile implant:*

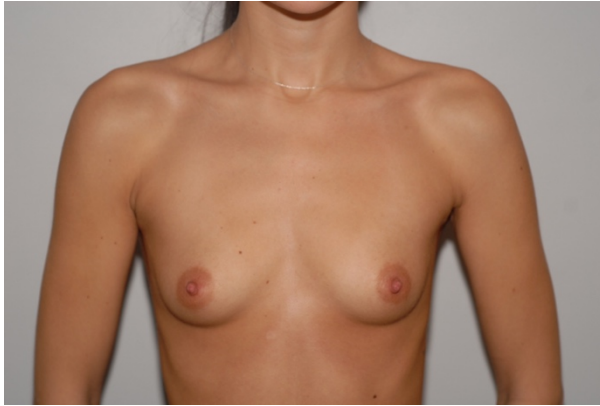
**Smooth Round High Profile, Cohesive I™**



Volume	Diameter	Projection	Catalog #	Resterilizable Gel Sizer*
125 cc	8,3 cm	3,5 cm	<b>350-1254 BC</b>	RSZ-1254
150 cc	8,8 cm	3,7 cm	<b>350-1504 BC</b>	RSZ-1504
175 cc	9,3 cm	3,9 cm	<b>350-1754 BC</b>	RSZ-1754
200 cc	9,7 cm	4,0 cm	<b>350-2004 BC</b>	RSZ-2004
225 cc	10,1 cm	4,2 cm	<b>350-2254 BC</b>	RSZ-2254
250 cc	10,5 cm	4,3 cm	<b>350-2504 BC</b>	RSZ-2504
275 cc	10,8 cm	4,4 cm	<b>350-2754 BC</b>	RSZ-2754
300 cc	11,1 cm	4,5 cm	<b>350-3004 BC</b>	RSZ-3004
325 cc	11,4 cm	4,6 cm	<b>350-3254 BC</b>	RSZ-3254
350 cc	11,7 cm	4,8 cm	<b>350-3504 BC</b>	RSZ-3504
<b>375 cc</b>	<b>12,0 cm</b>	<b>4,8 cm</b>	<b>350-3754 BC</b>	RSZ-3754
400 cc	12,2 cm	5,0 cm	<b>350-4004 BC</b>	RSZ-4004
425 cc	12,5 cm	5,0 cm	<b>350-4254 BC</b>	RSZ-4254
450 cc	12,8 cm	5,1 cm	<b>350-4504 BC</b>	RSZ-4504
475 cc	12,9 cm	5,3 cm	<b>350-4754 BC</b>	RSZ-4754S
500 cc	13,2 cm	5,3 cm	<b>350-5004 BC</b>	RSZ-5004
550 cc	13,6 cm	5,5 cm	<b>350-5504 BC</b>	RSZ-5504
600 cc	14,0 cm	5,6 cm	<b>350-6004 BC</b>	RSZ-6004
650 cc	14,4 cm	5,7 cm	<b>350-6504 BC</b>	RSZ-6504
700 cc	14,8 cm	5,8 cm	<b>350-7004 BC</b>	RSZ-7004
750 cc	15,1 cm	5,9 cm	<b>350-7504 BC</b>	RSZ-7504S
800 cc	15,5 cm	6,0 cm	<b>350-8004 BC</b>	RSZ-8004



- Remember, these limits are to protect you and keep you safe, while achieving the beautiful look you want as much as possible.



Nopali 10459

- 24 year old
- no children
- 5'6"
- 112 lbs
- 240cc silicone gel implants
- trans-axillary endoscopic (armpit) approach

### ***Special Featured Video***

What size implants should I get? How to decide.

### ***Watch Video:***

<https://www.youtube.com/watch?v=m6uaMft4hYA&feature=youtu.be>