

# Choice Aesthetics

## The Rice Test

### Patient Information Leaflet



This leaflet provides further information on the rice test for patients considering breast augmentation surgery. The leaflet goes through what the test involves and how to do the rice test at home.

### **What is the rice test?**

If you are considering having a breast augmentation, it can be difficult to choose the size or volume of implant that you wish to have. During your consultation with Miss Tadiparthi, you will get a chance to see and feel different sizes of implants and try them inside our sizer bras. However, having implants can be a long-term commitment and ensuring that you are happy with your choice of implant is key to your satisfaction with the result and that the outcome meets your expectations.

The rice test allows you to try on various volumes when you are at home and allow you to be more comfortable with your choice of implant size. The rice test is also useful if you have breast asymmetry as it allows you to assess the difference in volume between the breasts so that different sized implants can be used to correct the asymmetry with more accuracy.

### **Are there any limitations to the rice test?**

Although the rice test can be useful to decide on the volume of the implant, it does not take into consideration other aspects of the implants for example, the base diameter of the implant, the projection or shape of the implants.

## How can I do the rice test at home?

To do the rice test, you need:

- Dry uncooked rice
- Pair of stockings
- Food weighing scale
- A full coverage, non-padded bra of the size that you wish to wear after your augmentation

## Making the 'rice implant'

Use the upper end of the stockings for the test and cutting off any lace sections at the thigh end. Tie a tight knot at the upper end of the stocking. Cut across to open the foot end. Weight out the required amount of uncooked rice with the weighing scales e.g. 275g for 275cc implant, 350g for 350cc implant etc.

The standard silicone implants range from 100cc to 800cc with 20 different volumes of implants being available in each range. The volume of the implants goes up in increments of 25cc from 100cc to 400c and increments of 50cc from 400cc to 800cc (e.g. 250cc then 275cc, 400c then 450cc).

Pour the weighed rice into the stocking. Tie the other end allowing enough room for the rice to sit and move within the section of stocking with ties at either end. Cut off any remaining excess section of the stocking towards the narrow foot end.

## Trying on the 'rice implant'

Now that you have the rice implant, wear the full cup, non-padded bra of the size that you wish to wear after your augmentation surgery. Position the stocking with rice into your bra and spread over your breast so that it sits naturally in the bra.

See how you like the size of your breasts now in the bra and wear a tight vest or T shirt or dress to see how you look. Different sizes of implants can be created by either changing the volume in the stockings or creating new rice implants so that you can change and compare or use a different size on each side for comparison.

Breast implants can be heavy and so it is also important to wear your rice implants under your clothes for a few hours to ensure that you will be happy with the weight of the implants that you have chosen and will go on to have inserted during your augmentation surgery.