



MD AESTHETICS

### The 'Rice Test'

For the Rice test you will need the following:

- a) A measuring jug (ml not g)
  - b) Uncooked rice
  - c) An old pair of tights
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1. Measure out the required amount of rice in the measuring jug – if you want 250cc implants put 250ml of rice
  2. Pour the rice into the foot of one of the tights and tie a not so as to secure the rice.
  3. Repeat with the other foot so as to make two rice implants
  4. Shape both implants like a dome
  5. Wear the size bra you would ideally like post-surgery and place the rice implants in the bra with you breasts
  6. Try on various garments to get an idea of size/look
  7. If you wish to go bigger or smaller then add or remove 25ml of rice by emptying out the rice and re-measuring
  8. Repeat steps 2-7 until you find the volume that you are happy with.

Please remember that the rice “implants” will not be identical to an actual implant – it will however provide you with an idea of the volume an implant of similar volume will add to your breast.