



The Rice Test: Determining Breast size/Breast implant size

Dr. Mosser will let you try on implants during your consult. The breast implants are usually tried on underneath a sports bra or in a regular-type bra. Dr. Mosser may suggest you try on different “sizes” at home using the Rice Test. Even though it is widely known as the “Rice Test,” we have actually found that there are a lot of materials which work better than rice to use for volume. Particularly good is quinoa (but it's expensive) – other options which are light and a bit better than rice are oatmeal, potato flakes, grits, etc.

Instructions

Fill knee-high hose (or cut-off pantyhose) with the desired amount of rice, using the cc conversions listed below. Using ziplock bags is not recommended, due to the pointed corners of the bag. Once you have the hosiery filled, try on the “implants” under a sports bra, or under a somewhat snug underwire bra that is sheer and has no padding at all. A sports bra is helpful, especially if you plan on having your implants placed under the muscle. The sports bra compresses the breast implant sizes much like the muscle will compress the real implants. If you are going under the muscle, you'll need to add about 15% more to the amount that you like. For example, if you like the way 400cc looks under the sports bra, you need to add 15% to that amount (which equates to 460cc implants) to achieve the look you see with the 400cc implant sizes in the sports bra.

How to measure for cc amount / rice test

The conversions below, which are approximate, will help you when doing the “rice test”.

- **1 cup = 236cc**
- **1/2 cup = 118cc**
- **3/4 cup = 177cc**
- **1/4 cup = 59cc**
- **1/3 cup = 78cc**
- **2/3 cup = 156cc**
- **1/8 cup = 30cc**

Do **not** weigh the rice. The rice must be measured as **volume** using the system above. The measurements above can be used in different combinations to achieve the cc amount you desire. It's important to remember that you should not solely rely on cc amounts based on photos of other patients with different body types. For instance, if you like the way 400cc looks on one person, that does not mean that 400cc will give you the same look. This is due to several things, including, but not limited to, the amount of breast tissue, shape of the chest wall, deformities of the chest wall (such as pectus excavatum and pectus carinatum), and overall body weight, to name a few. Therefore, you should do the rice test to give you an idea of how many cc's you may need to get the size you want. Please remember that the “rice test” is not an exact science and is only meant to give you a rough estimate.