

# Homework Sheet For Breast Augmentation

To help decide the appropriate size of implant, you need to purchase several bras of different cup sizes. Leave the tags on so you can return them if you desire as you will not need this bra after surgery. The bra should have fully adjustable straps, and the cup should be cotton (not stretchy material), unpadded, and full-bodied. Size 32 is sometimes hard to find and might have to be ordered 1-2 weeks in advance. If you can't find this bra, find a similar one with the above features.

Stuff the bras with pantyhose to achieve the look you want in tucked-in-tops. Do bust and hip measurements at home with the stuffed bra. Again, remember to think big. Then remove the pantyhose from one bra cup and replace with enough warm water or small grained rice in a Ziploc Baggie to simulate the other breast (place the baggie under your own breast tissue); then measure this amount of water in a measuring cup (metric measure cc or ml). **Write down the amount and bring it along with the bra, and a tight top to your preoperative visit so we can finalize the desired size of implant.** I want you to have a pleasing, balanced appearance in proper proportion to your shoulders, chest, and hips.

In addition to the above homework bra, you need to purchase 2-3 stretchy spandex, very snug fitting, sports/exercise tops for postoperative visit. These tops will be worn for several weeks after surgery. You will need to bring the sport top on your 1<sup>st</sup> postoperative visit (this is usually 1-2 days after surgery).

## *The Homework Bra*

The homework bra should have a cotton (not stretchy) smooth unpadded cup, no seams (seams across the cup area can make the breast look pointed). The bra should have adjustable straps and should open in the front or back. The bra should not be low cut or have under wires. Buy the bra size you normally wear (32, 34, 36, 38, etc) with the size cup you desire (B, C, D, etc). Bras have been bought at Foleys, Dillard's, Mervin's, Kohl's and Wal-Mart.