



KM PLASTIC SURGERY

Implant Sizing Guide for Patients

- Purchase a bra with the cup size you want to be after surgery. The cup size should be the only difference from what you are currently wearing. Do not use a padded bra for this fitting.
- At home fill a sandwich size zip lock bags with various amounts of rice according to the amounts listed below. These will be your sizers.
- Put on the bra you recently purchased and try various rice bags to see what amount equals the size you want to achieve after surgery. Be sure to try on a tee shirt over the bra to get a better idea of what your breasts will look like.
- Whatever volume of rice bag fills your bra to your satisfaction will be the size of implants we will order.
- Call our office (509) 315-4415 a minimum of ten (10) days before your surgery so your implants will arrive on time for your surgery date.

Volume Equivalents

6 oz	3/4 Cup	180cc
7 oz	7/8 Cup	210cc
8 oz	1 Cup	240cc
9 oz	1 1/8 Cup	270cc
10 oz	1 1/4 Cup	300cc
11 oz	1 1/3 Cup	320cc
12oz	1 1/2 Cup	360cc
13 oz	1 5/8 Cup	390cc
14 oz	1 3/4Cup	420cc
15 oz	1 7/8Cups	450cc
16 oz	2 Cups	480cc
17 oz	2 1/8Cups	510cc
18 oz	2 1/4 Cups	540c
19 oz	2 1/3 Cups	570cc
20 oz	2 1/2 Cups	600cc