
Waterford Plastic Surgery Center

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How to Perform the Rice Test

Use knee-high hose (or cut-off pantyhose), and, using rice, fill them with the desired amount of cc's. (Ziplock baggies are not recommended, due to the "pointed" corners of the bag.) Once you have them filled, try them on under a sports bra.

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

The amounts 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. 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: amount of breast tissue, shape of the chest wall, deformities of the chest wall (such as [pectus excavatum and pectus carinatum](#)), and weight, to name a few. Basically, your existing breast tissue, and anatomy dictate how many cc's you will need. 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. Again, this is just a rough estimate, as the "rice test" is not an exact science.

Another important thing to remember is that Dr. Jones will not rely on "cup" sizes. We will rely on what sizers you like, as long as it is a reasonably safe size. In addition, bringing photographs of what you consider too small, too large, and "just right" can be helpful. It's much easier for Dr. Jones to look at a photo and get an idea of what you want, versus trying to visualize what you are talking about. Keep in mind that you will NOT look like the photos you bring into your consult, no matter how much you may resemble the subjects in the "before" photos.

