



**Dr A Anzarut, MSc, CIP, MD, FRCSC**

**Plastic and Cosmetic Surgery  
ASSH Fellowship trained hand surgeon**

201 – 2763 Beverly Street, Duncan, BC

Tel: (250) 597-2064

Fax: (250) 597-1297

Email: [dranzarutplastics@gmail.com](mailto:dranzarutplastics@gmail.com)

Web: <http://anzarut.moneomed.com/>

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### **BREAST AUGMENTATION SIZING INSTRUCTIONS**

First determine your desired breast size. Put on a cotton bra without underwire. Add rice into a thin plastic bag and place this inside the bra. When you have achieved the desired size the volume of rice in milliliters may be a useful estimate.

Bring in a bra you want to fit into after the augmentation.

Research the following website: [Implantinfo.com](http://Implantinfo.com)

Look for pre-& post photos based on the following criteria:

- Look for a subject with similar height and weight and current breast size and desired breast augmentation size.
- Print off those photos you like and bring with you to your next visit with the surgeon.
- Look over pamphlets provided to you to determine if you want saline vs silicone breast implants.
- Bring a form fitting shirt on the day of sizing.
- Make sure you have a current mammogram within the last 6 months. If mammogram is done at an outside facility, please have the results faxed to the nurses at fax # 250-597-1297.
- You will need a bra without underwire to wear immediately after surgery. Please bring this bra with you on the day of surgery.