

Gregory W. Pippin, M. D., F.A.A.C.S.
1111 Medical Center Blvd
N406
Marrero, LA 70072
(504) 349-6400

HOMEWORK SHEET FOR BREAST AUGMENTATION

1. From magazines, such as Playboy or Penthouse, select photos showing breast size (not shape) that you desire. Choose only full or one-half page upright and nude pictures of women who are similar to your own body build. **Remember to think a little on the big size, so you will be happy later after swelling has subsided.** Also, for comparison, select two other photos—showing breasts that are too large and one too small. Write on the photos “Just About Right”, “Too Small”, and “Too Large”.
2. To help decide the appropriate size of implants, 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.
3. 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 Freezer Baggie to simulate the other breast (place the baggie under your own breast tissue); then measure this amount of water in a measuring cup. **Write down the amount and bring it along with the bra, magazine photos, 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.