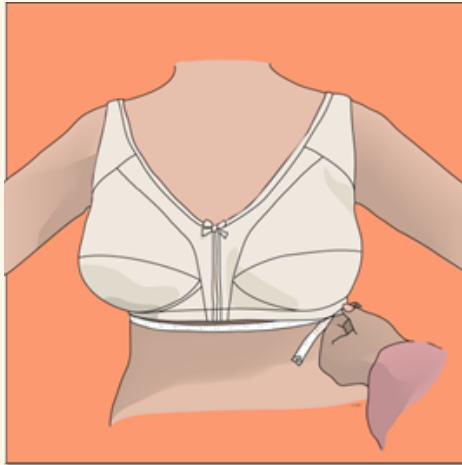


How to Measure for ABC Bra Size?

1. Measure for the Band Size:



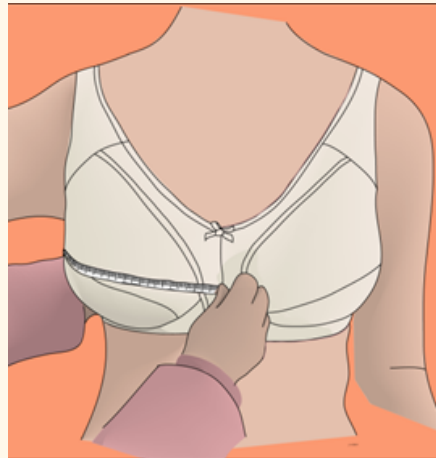
- Measure circumference at Bra Band.
 - Measurement should be snug.
 - Have patient hold arms at sides or on hips while you measure the circumference.
- Add either 4 or 5 inches to the circumference measurement to achieve an even number.

2. Fitting Tip: For the patient who presents in a wheelchair



- Some patients can stand even if they cannot ambulate
- Its OK to ask patient if she can stand
- If patient cannot stand, measure her while seated
- If seated, do not add extra to the chest circumference measurement

3. Measure for the Cup Size



- Measure from the center of the sternum, over the apex of the natural breast, under the arm, to the center of the spine.
- Measurement should be taut, not snug.
- Double the measurement.

4. Difference: Calculate the difference between the cup measurement and the band measurement. The difference determines the cup size.

Difference	Cup Size
0"	AA
1"	A
2"	B
3"	C
4"	D
5"	DD
6"	DDD

5. For example:

— If the Band measurement = 30"

— If the Cup measurement = 18"

- Band measurement: $30'' + 4'' = 34''$ (add either four or five inches to achieve an even number)
- Cup measurement: $18'' \times 2 = 36''$
- $36'' - 34'' = 2''$
- Bra size to start with: 34B

Difference	Cup Size
0''	AA
1''	A
2''	B
3''	C
4''	D
5''	DD
6''	DDD

6. Fitting Tip: If the bra band measurement is 38" or more, only add 1-2" instead of 5".

- For example: If the band measurement is 44" only add 2" i.e. 46" is the Band measurement (44+2).
- Or, the patient may wear a 44".

7. For Bilateral Surgeries:

- Take band measurement.
- Ask what cup size she wore prior to surgery. She may choose to be bigger or smaller, but her new Cup size should be proportionate to her body.
- Never assume she will need two of the same size or shape of breast form.