

Determining Bra Size For Breast Augmentation

Many women express their goals for breast surgery in terms of bra size; yet the traditional method of bra sizing is confusing and inaccurate, with up to 80 percent of women said to be [wearing the wrong size bra](#). In response to this problem, a new system of bra measurement was developed. It is a modified version of a previously reported method of bra sizing that determines cup size by direct breast measurement while now allowing for the fact that cup size varies with band size (e.g., the C cup of a size 36 bra is larger than the C cup of a size 34 bra).

With this system, brassiere band size is still determined by the industry standard of "under-bust chest circumference plus 5," but cup size is determined by the relationship of breast width to under-bust circumference. Breast width is measured with a tape from the breast mound's origin on the lateral chest wall to its termination in the parasternal area. Small or firm breasts can be measured with a woman upright or supine, and large or ptotic breasts are measured with the subject supine.

The image, Fig. 1. Woman with 500-cc silicone implants. Bust circumference is 36 inches, under-bust circumference is 29 inches, breast width is 9.5 inches, bra size by traditional measuring system is 34B, and bra size by new measuring system is 34D. In the top photo, the 34B bra is too small, gapping across the lower sternum and providing inadequate breast coverage. In the bottom photo, the 34D bra fits well.

Breast width and chest wall measurements were studied in relationship to bra fit in more than 1,000 women undergoing breast surgery over a period of 5 years, until a consistent relationship between the two was established. The correlation of breast width and under-bust circumference to bra size is shown in the table below. The relationships are most easily understood by examining the "prime" sizes, which are denoted by the asterisks in the table.. For any given under-bust circumference, every 1 inch

increase or decrease in breast width changes the cup by one size. For example, a woman with a 33-inch under-bust and a breast width of 8.5 inches would fit a 38B bra, but if her breast width were 9.5 inches, she would fit a 38C bra.

Conversely, for any given breast width, the cup goes up or down by one size with every alternate step in band size. For example, a woman with a 9-inch breast width and a 31-inch under-bust circumference would wear a 36C bra, but if her under-bust circumference were 35 inches, she would wear a 40B bra.

The information in the table was used clinically to help meet patients' breast surgery goals. For example, if a woman with an under-bust circumference of 29 inches (34 band size) wished to be a C cup after augmentation or reduction, an attempt was made to enlarge or reduce her breasts to a width of 8.5 inches. Figure 1 on the right demonstrates the difference between the traditional and new methods of bra measurement in a representative patient.

Breast measurements are helpful in breast augmentation and reduction and in quantifying the difference in size in women with asymmetrical breasts, with each 1-inch increment corresponding to a cup size. Experience has shown that almost every woman will fit the size bra determined to be right for her by this new system, even if she chooses to wear a bra of a different size for personal reasons.



Implant Info offers women a comprehensive guide to [breast augmentation and breast health](#) We guide women through the process of cosmetic surgery.

Chart For Determining Your Breast/Bra Size

Breast Width	Under-Bust Circumference								
	27"	28"	29"	30"	31"	32"	33"	34"	35"
5"	32AA*	32AA							
5.5"	32AA/A	34AA	34AA*	34AA					
6"	32A*	32A	34AA/A	36AA	36AA*	36AA			
6.5"	32A/B	34A	34A*	34A	36AA/A	38AA	38AA*	38AA	
7"	32B*	32B	34A/B	36A	36A*	36A	38AA/A	40AA	40AA*
7.5"	32B/C	34B	34B*	34B	36A/B	38A	38A*	38A	40AA/A
8"	32C*	32C	34B/C	36B	36B*	36B	38A/B	40A	40A*
8.5"	32C/D	34C	34C*	34C	36B/C	38B	38B*	38B	40A/B
9"	32D*	32D	34C/D	36C	36C*	36C	38B/C	40B	40B*
9.5"	32D/DD	34D	34D*	34D	36C/D	38C	38C*	38C	40B/C
10"	32DD*	32DD	34D/DD	36D	36D*	36D	38C/D	40C	40C*
10.5"		34DD	34DD*	34DD	36D/DD	38D	38D*	38D	40C/D
11"				36DD	36DD*	36DD	38D/DD	40D	40D*
11.5"						38DD	38DD*	38DD	40D/DD
12"								40DD	40DD*

* - The asterick denotes "prime" brassiere sizes - *

Use this chart to determine what will best match your bra size.