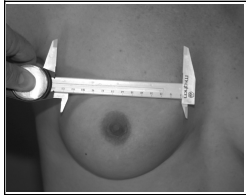


## Selecting Breast Implant Size and Pocket Location Based on Your Individual Tissue Characteristics- The High Five System™ System

Estimating Desired Breast Implant Volume Based on Breast Measurements and Tissue Characteristics  
The TEPID™ System Copyright 2001 John B. Tebbetts, M.D.

### Step 1- Measuring the base width of your breast



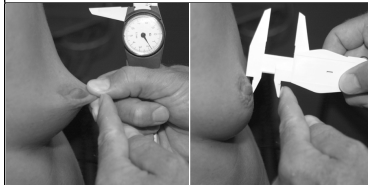
Use a caliper or tape measure, and measure on a straight line from where the upslope of the breast begins near the middle of your chest, to the profile line of the breast at the outside. Keep this measurement on the conservative side—don't overestimate the base width of your breast! If you don't have a caliper, you can use your tape measure. Record the base width of your breast in the box below:

The **BASE WIDTH** of my breast is \_\_\_\_\_ centimeters.

Next, locate your base width measurement in the row below, and circle it. Then circle the number immediately below the base width of your breast. This number is an estimated starting volume for your breast implant.

Breast Width (cm)	10.5	11.0	11.5	12.0	12.5	13.0	13.5	14.0	14.5	15.0
Starting Implant Volume (cc's)	200	250	275	300	300	325	350	375	375	400

### Step 2- Measuring the stretch of your breast skin envelope



Next, we need to determine your skin stretch characteristics—whether your skin is tight (won't allow as much fill), or stretchy (needs more fill)? Measure your skin stretch (APSS), and record it in the box below, and then subtract or add volume from the volume recommended above.

The **SKIN STRETCH** of my breast is \_\_\_\_\_ centimeters.

Now that we know how much your skin stretches, we need to adjust the starting volume for your implant.

Step 2a- Copy the measurement of your skin stretch from the box into this space	
Step 2b- If your skin stretch measurement was LESS than 2 cm., write -30 into this space	
Step 2c- If your skin stretch measurement was between 2 and 3 centimeters, skip to step 3 below.	
Step 2d- If your skin stretch measurement was between 3 cm. and 4 cm., write +30 into this space	
Step 2e- If your skin stretch measurement was more than 4 cm., write +60 into this space	

### Step 3- Measuring the distance from your nipple to the fold under your breast



With a pen, place a small dot on the skin just beside the middle of your nipple. Then gently lift the breast (a mirror helps here), and place a dot exactly in the midpoint of the fold under your breast. Place the tip of the flexible tape measure exactly on the dot beside your nipple. Then, lift that point directly upward toward your head to stretch the skin of the lower breast as much as possible, and record the number that appears next to the dot in your inframammary fold. Repeat this measurement also, and record the average in the box below:

The **NIPPLE-TO-FOLD** measurement of my breast is \_\_\_\_\_ centimeters.

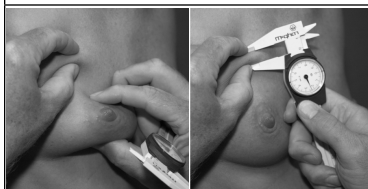
### Step 4- Calculating Estimated Final Implant Volume

\* There are other factors your surgeon will also need to consider before making a final decision.

Add or subtract all numbers that you listed in steps 2a-2e, and in step 3a, and list the total here \_\_\_\_\_

That's it! You've determined an approximate volume for your breast implant based on your individual tissue characteristics. You'll consider other factors when you visit your surgeon, but this is a great start.

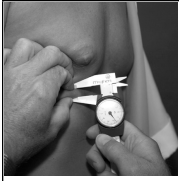
### Step 5- Choosing a pocket location to provide the best tissue coverage for your implant



Next, we need to determine the thickness of the skin and fat above your breast tissue. First, grasp your breast gently and pull the breast tissue downward, to determine where the top of your breast tissue is located. Then move above the top of your breast tissue, grasp the skin and fat beneath the skin, and pinch it firmly. Use the calipers to measure this pinch thickness, and record it.

The **pinch thickness** above my breast is \_\_\_\_\_ cm.

**\*If this measurement is less than 2 cm., you will assure better tissue coverage by placing your implant partially beneath the pectoralis muscle.**



Finally, we want to measure the pinch thickness at the fold under your breast—soft tissue pinch thickness at the inframammary fold or STPTIMF. Lift your breast, grasp the skin and fat exactly at the fold level, pinch firmly, and measure the thickness and record it.

**The pinch thickness at the fold under my breast is \_\_\_\_\_ cm.**  
**\*If this measurement is less than 0.5 cm., you are extremely thin in the lower breast and fold area, and your surgeon will discuss other options with you.**