

Capsular Contracture – Patient Care Guide (Mild Cases, Year 1 Post-Op)

Chopra Plastic Surgery – Dr. Karan Chopra, MD

What is Capsular Contracture?

After breast implant surgery, your body naturally forms a thin layer of scar tissue (capsule) around the implant. In most patients, this capsule stays soft and flexible. However, in some cases, the capsule can tighten or harden, causing the breast to feel firmer, look different, or shift slightly. This is called capsular contracture.

In your case, the contracture is mild and does not require surgery at this time. With the right treatment, we can often improve the symptoms and help prevent progression.

Self-Massage Technique

Daily breast massage helps maintain space around the implant and may reduce tightness or pressure caused by a contracting capsule.

- Place your flat palm over the breast and gently press inward and upward, then inward and downward.
- Repeat on both sides, even if only one is affected.
- Do this 2–3 times daily for 2–3 minutes per session.
- Be gentle — this should not cause pain or sharp discomfort.

Medication: Singulair® (Montelukast)

Why it's used:

Montelukast is a prescription medication originally used for asthma. It has anti-inflammatory properties and may help reduce the capsule's thickness by blocking leukotrienes (chemicals that can cause scarring and inflammation).

Dosage:

- 10 mg orally once daily
- Take at the same time each day
- With or without food

Duration:

- We recommend taking it for at least 3 months
- In some cases, treatment may continue for up to 6 months based on progress

Note: This use is off-label but supported by studies and clinical experience. If you have a history of mood changes or depression, please inform our team before starting.

Vitamin E

Why it's used:

Vitamin E is thought to help soften scar tissue and reduce inflammation. While scientific evidence is mixed, many surgeons include it as a supportive supplement due to its low risk.

Dosage:

- 400 IU (International Units) taken twice daily
- Take with food to improve absorption

Duration: Recommended for 3–6 months during early capsular contracture treatment

Please Contact Us If:

- The firmness worsens or becomes painful
- The shape of the breast changes suddenly
- You notice new asymmetry, redness, or swelling

We're here to guide you every step of the way and will monitor your response closely during this treatment period.

Chopra Plastic Surgery

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"Healing is a process — and with the right support, your body can find balance again."

— Dr. Karan Chopra