

Breast Implant Massage Instructions

After breast implant surgery, it's important to keep your breasts feeling soft. Implants are foreign to your body, which naturally reacts by forming a scar tissue capsule around them. This capsule can sometimes become thick & can cause issues such as: shrinking of the implant pocket, restricted movement of the implant within the pocket, unnaturally firm breasts, & misshapen appearance of the breasts

Regular breast massage during the first 6 to 12 months post-surgery can significantly reduce these risks.

By ensuring the implants move freely within their pockets, massage helps maintain the breasts' shape, contour, and symmetry. It can also address instances where one implant is slightly higher than the other.

When to Perform Breast Massage

After your breast implant surgery, it's important to start massaging your breasts as recommended during your post-operative visit. Although it may initially feel uncomfortable, starting these exercises early is crucial for optimal shaping and contouring of your breasts during the critical early recovery phase.

- **For the First 3 Months:** Perform all four exercises three to four times each day.
- **After 3 Months:** If your breasts are soft and the implants are moving freely, reduce the frequency to twice daily.
- **After 4 Months and During the First Year:** Continue the exercises once daily, as long as the breasts remain soft and the implants mobile.

If you experience any sharp pain, hot or flushed skin on your breasts, or significant tightening or hardness at any time, please contact our office immediately.

Breast Massage Technique

Step 1: Place your right hand under your left breast and squeeze the implant upward. Alternate your left to right hand and walk the implant as high as you can within the implant pocket. When the implant reaches the top of the pocket, hold the implant in place for at least 30 seconds. Repeat beginning with your left hand under your right breast.

Step 2: Place both of your hands on your left breast just above the nipple area. Use sturdy gentle pressure to pull your breast tissue upward, while pushing the implant downward. Hold this position for at least 30 seconds. Repeat on your right breast.

Step 3: Place your left hand on the inside of your right breast at the center of your chest. Push the implant upward towards the side of your body. Hold this position for at least 30 seconds. Repeat with your right hand on the inside of her left breast.

Step 4: Place your hands on the outside of each of your breasts. Use gentle pressure to pull your implants to the center of your chest so that your breasts touch at the midline. Hold this position for at least 30 seconds.

1



Place your right hand under your left breast and squeeze the implant upward. Alternate your left to right hand and walk the implant as high as you can within the implant pocket. When the implant reaches the top of the pocket, hold the implant in place for at least 30 seconds. Repeat beginning with your left hand under your right breast.

3



Place your left hand on the inside of your right breast at the center of your chest. Push the implant upward towards the side of your body. Hold this position for at least 30 seconds. Repeat with your right hand on the inside of her left breast.

2



Place both of your hands on your left breast just above the nipple area. Use sturdy gentle pressure to pull your breast tissue upward, while pushing the implant downward. Hold this position for at least 30 seconds. Repeat on your right breast.

4



Place your hands on the outside of each of your breasts. Use gentle pressure to pull your implants to the center of your chest so that your breasts touch at the midline. Hold this position for at least 30 seconds.