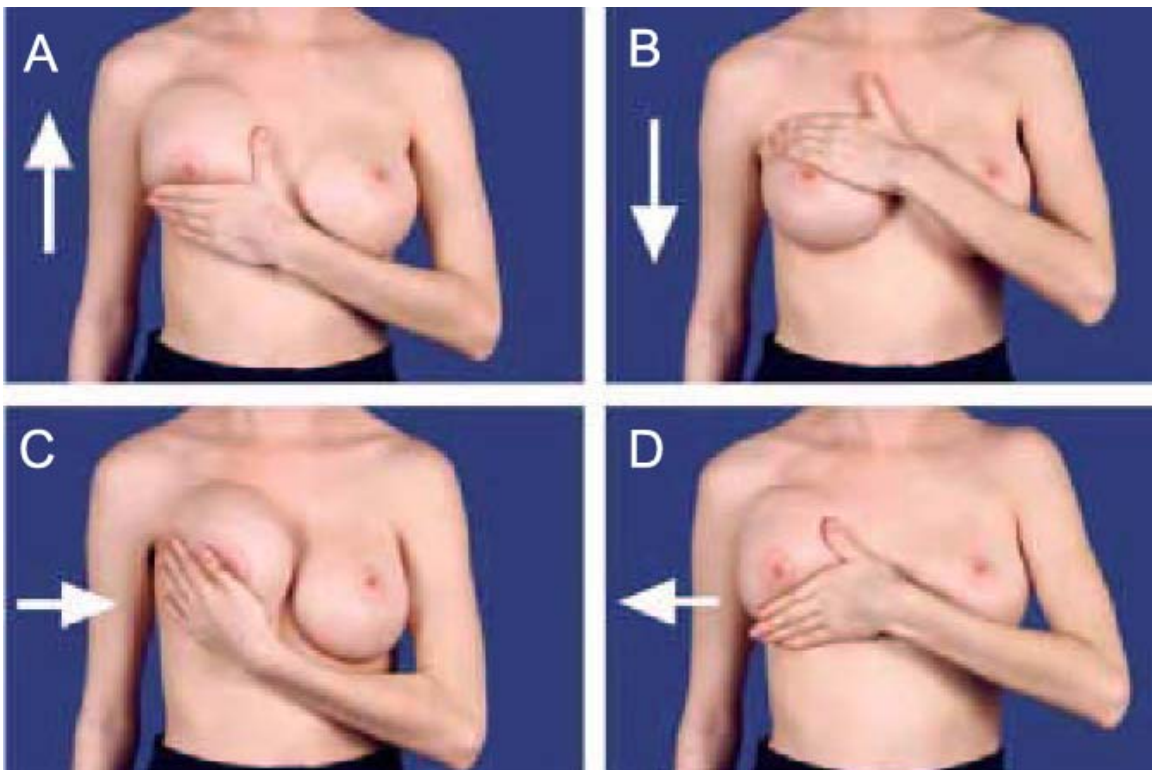




### BREAST IMPLANT EXERCISES

- Breast implant massage should begin as soon as you are able to do so without pain. This is usually 5-7 days after surgery. You will be given instructions on breast massage after surgery or at your follow-up appointment. The importance of breast massage cannot be over-emphasized. You should be committed to doing breast massage on each breast 3 times daily for a very long time.
- One cycle of massage equals one push in each direction – A,B,C and D.
- First 3 months – 10 cycles 3 times a day.
- From 3 months to 1 year – 10 cycles 2 times a day.
- After 1 year – 10 cycles once a day.
- In the diagram below, note the fullness of the breast toward the arrows.



- **GOAL:** To keep implant moving freely in the pocket created for it. This will keep the pocket from scarring tightly around the implant and forming a very firm breast.