

BREAST IMPLANT MASSAGE

- Massaging breast implants after surgery helps to provide a softer, more natural result.
- The scar tissue capsule that your body forms around the implant should stay larger than the implant. This is maintained or created by sliding the implant around in different directions.
- Massaging should start about one week after surgery (when tenderness has improved) and as a goal should be performed 3-4 times per day for about 30 seconds at a time.
- The tighter your implants feel, the more you should massage. The softer your implants, the less you need to.
- Massage can also be used to help even out asymmetry by forcing a higher riding implant down or by moving the implants closer together.
- Please listen closely to the instructions at your first follow-up appointment. You may have more specific instructions if internal sutures were used.
- Massaging is most important during the first six months following surgery, but in most cases it should be done long term.
- Textured, shaped implants do not need to be massaged.

TECHNIQUE

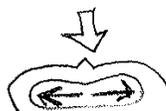
- It is important to recognize that your goal is not to move the breast, but to move the implant under the breast. This is achieved by pushing straight in towards the ribs around the borders of the breast. The implant will slide, keeping the pocket around the implant larger.



- Most implants will drop over time because of their weight (heavier implants will drop even more), so pushing on the lower portions of the breast straight into the ribs will cause the implant to ride up. If an implant is too high, pushing straight down towards the ribs with a flat hand at the upper aspect of the breast will cause the implant to move down.



- Placing a flat hand in the center of the breast and pushing toward the ribs will also stretch the capsule in all directions.



- Bending slightly forward at the waist allows two fists to come together at the breast from either direction, stretching the capsule to provide more projection.

