

Breast Implant Massage Post-Operative Instructions

How do I do breast implant massage exercises?

Your breast surgeon may recommend that you perform breast implant massage or compression exercises.

In general, these exercises involve pushing the implant to the outermost corners of the pocket several times in succession. You move the implant up, down, to the right, and to the left. Hold your implant in each position for a few seconds. These exercises may help decrease your risk of developing capsular contracture (scar tissue around the implant).

You may be asked to start the exercises about a week after your breast implant surgery. Ask your surgeon for specific recommendations on massage after breast implant surgery.

We recommend:

- 10 cycles 2x/day for 6 week
- 10 cycles 1x/day indefinitely

Please note this is our recommendation. Your surgeon may modify these instructions as he/she feels necessary.

Who do I call if I have questions?

- (734) 998-6022, Monday - Friday, 8 a.m. - 4:30 p.m.
- After hours and on weekends, call Hospital Paging at (734) 936-6267 and ask for the Plastic Surgeon on call.

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