



TAROLA PLASTIC SURGERY

NICHOLAS A. TAROLA, MD

Implant Massage Instructions

Following breast surgery, and specifically breast augmentation with **smooth-shell breast implants**, it is important to maintain the soft feeling of your breasts.

Implants are a foreign substance. Your body will naturally respond to an implant by creating scar tissue or a capsule. This capsule can become excessive (capsular contracture); the results may include:

- Reduced size of the implant pocket
- Restricted movement of the implant within the implant pocket
- An unnaturally firm feeling to the breasts
- A misshapen appearance to the breasts

Regular breast massage in the first 3 months following surgery can help keep the implants moving freely within the implant pocket.

Breast massage can also retain the contour and symmetry of your breasts when one implant may sit slightly higher than the other following surgery.

When to perform breast massage

The following 4 exercises are the necessary steps to effective breast massage.

- Begin the exercises after your post-operative visit. Perform the entire set of 4 exercises at 3 to 4 different times each day for the first 3 months following surgery. While this may be uncomfortable when you first begin to perform the exercises, it is very important that you begin these exercises early. The first days following surgery are the most critical period during which final adjustments can be made to the shape and contour of your breasts.
- After 3 months, if your breasts feel soft and implants are moving freely, you may perform your exercises 2 times per day.
- After 4 months and every day the first year, if your breasts feel soft and implants are moving freely, you may perform your exercises 1 time per day.

Should you experience any sharp pain, hot or flushed breast skin, severe tightening or hardness at any time with your breast implants, please consult our office as soon as possible.

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Breast Massage Technique

Step 1: Place your right hand under your left breast and squeeze the implant upward.

- Alternate you her 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 study 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 her left hand on the inside of your right breast at the center of your chest.

- Push implant upward towards the side of her 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 pulley her implants to the center of your chest so that your breasts touch at the midline.
- Hold this position for at least 30 seconds.

