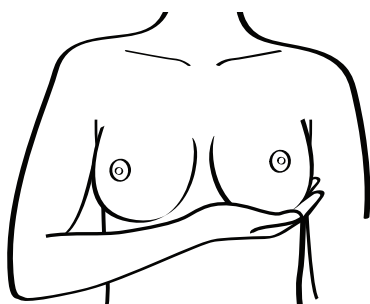


SMOOTH BREAST IMPLANT MASSAGE

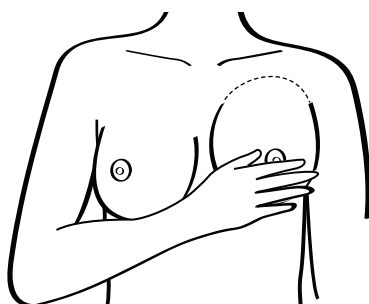
The softness of the breast after surgery is dependent on the type of implants used, your own tissues and the pocket, which heals around the implant, (also called the capsule). The massage exercises are intended to encourage your new implants to settle into a natural position while at the same time helping with swelling and tight or uncomfortable sensations that can occur after surgery. Breast massage can help to make the breast feel soft and act natural with positional changes.

IMPLANT ROLL



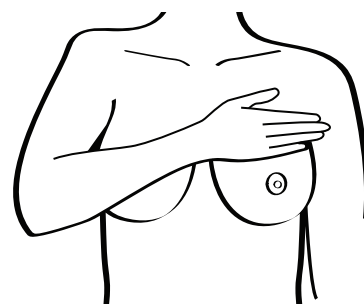
Cup

With your bra off, please your hand gently, but firmly, under your breast.



Roll

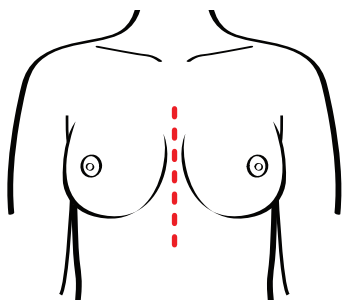
Using a rolling (not pushing) motion, your implant will rise upwards. You will feel some tightness and may hear the implant slide against the chest wall early on.



Smooth

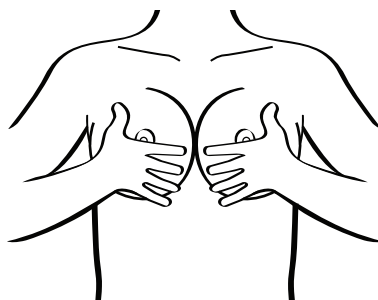
Gently, but firmly, push the implant downwards for 10 seconds into the desired position. Use a mirror to check alignment when finishing your massage.

MIDLINE MASSAGE



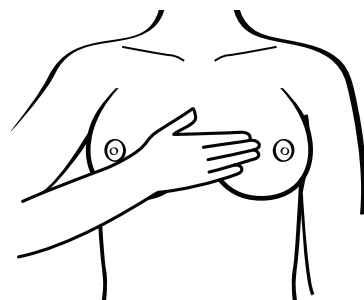
Limit

Do not want to try to push the implant past this point.



Squash

Pressing the palms of your hands against the outside of the breast to gently compress towards the centre.



Separate

Gently push the inside of your breasts to move your implants back into position - Using a mirror to check alignment.

Perform both exercises (while standing, sitting, or lying supine) three times daily for the six months following surgery, then twice a day for the next six months. After a year, once a day.