



ROLANDO MORALES, JR., M.D.

AESTHETIC CENTER FOR PLASTIC SURGERY

Plastic & Reconstructive Surgery

INSTRUCTIONS FOR SMOOTH BREAST IMPLANT MASSAGE

Beginning with your second post-operative visit your breast massage regimen will be started (typically 1 week post-op) to aid in obtaining and maintaining a naturally soft breast. The softness of the breast after surgery is dependent on the pocket, which heals around the implant, (also called the capsule) being slightly larger or looser than the implant. The massage exercises are intended to foil the body's natural healing process, which may contract the size of the pocket/capsule yielding a firm feeling breast.

After your implants have dropped into their ideal position, it is important to maintain a large potential space for the implant to move within. If you manage to keep the peri implant capsule wider than the actual implant, the implant will have some room to easily move, and this will make the breast feel soft and act natural with positional changes.

One “*cycle*” of massage exercises equals one push in each direction : Up, down, to midline, and to side. Dr. Morales requests that you perform *two cycles, three times per day, holding the stretch position for ten seconds*. (Please note - these exercises are for **submuscular** implants! If you perform this therapy with subglandular implants, there is a real possibility of pushing the implants across the midline and creating symmastia (“uni-boob”). Please only perform these exercises if you are instructed to do so by Dr. Morales.

IMPLANT ROLL

With your bra off, press your open palm against the breast directly under the nipple. The palm should be *rolled upward* tightly against the chest wall causing the implant to rise upwards. This is not a pushing up move, this is a rolling upward move. You should see fullness in the upper portion of the breast, and feel some tightness. It is not uncommon



to hear the implant slide against the chest wall early on. Watch for the implant to slide up as in the middle photograph. The third photograph illustrates the downward displacement of the implant for ten seconds which is equally as important. It helps to

look in the mirror as you push both breasts in on your breast to make sure they are at the same level as when they were initially positioned. The downward massage can be diminished in frequency as the implant settles over the weeks after surgery.

MIDLINE MASSAGE

This exercise is to allow further refinement in the medial and lateral (the sides) position of the implants. Your chest muscles (if your implants are under the muscle) do hold the implants back and this massage will encourage it to relax in an effort to be able to develop cleavage. With submuscular implants, the cleavage achieved with the implants is dictated by the width of your breast bone (sternum) and the origin of the pectoralis muscles. The muscle and blood vessels that supply the muscle come off your chest right at the junction of the breast bone and the ribs. As such, you do not want to try to



push the implant past this point, but rather stretch the envelope wall along this region so the implant can easily reach the medial position. (If the peri-implant capsule is soft in this region, you can easily achieve significant cleavage with a minimally supportive bra.) The exercise is performed by pressing the palms of your hands against the outside of the breast to gently compress towards the center. The implants will move towards each other, stretching the medial portion of the capsule.

The importance of breast implant massage cannot be over-emphasized. You should be committed to doing these for a year after surgery.

First 6 months: 2 cycles 3 times a day.

From 6 months to 1 year: 2 cycles 2 times a day.

Please feel free to contact Dr. Morales with any further questions or concerns!

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