

BREAST POST OPERATIVE EXERCISES

These exercises are initiated shortly after surgery. The purpose of these exercises is to manipulate the implant around the pocket maintaining the limits of the pocket larger than the implant. This helps to minimize the incidence of capsular contracture. Exercises are performed morning and evening, one time on each side, forever.

The exercises are performed using the left hand for the right breast and vice versa. The exercises are performed in three directions. The little finger is placed in the fold beneath the breast with your hand resting on the breast. Without lifting your hand, the breast is compressed which moves the implant to the upper part of the pocket. The hand then releases and the breast drops down. The hand then reaches around to the outside of the breast and gently pulls the breast toward the center of your chest, the sternal bone. Lastly, push from the inside of the breast outward. This moves the implant to the outside limits of the pocket.

