



BOICE-WILLIS CLINIC  
**PLASTIC  
SURGERY**

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### **IMPLANT MASSAGE INSTRUCTIONS**

**The goal of implant massage is to maintain the pocket surrounding the implant that was created at the time of your surgery. The most natural appearing augmented breast is one that has a moveable implant.** Think of the implant pocket as a circular area surrounding the implant. By massaging or moving the implant in all four quadrants (up, down, in, out), the outer pocket can be maintained. Massaging helps to disrupt any scar tissue that begins to form internally. It is tightening of that scar tissue that can lead to a firm feeling implant. Performing massage 3-4 times a day is essential to optimizing your results. Your physician or physician assistant will tell you when you may begin massaging, usually after your first post-operative visit.

#### **Approximately 1 week to 10 days after surgery:**

The first time, do this in front of a mirror so that you can see how the implant moves.

- 1) Begin your implant massage by placing your hands on the outsides of your breasts, and push towards the center so that they come together.
- 2) Rotate your hands to the top of your breasts and push down.
- 3) Next move your hands between your breasts and push out.
- 4) Now move your hands under your breasts and push up.
- 5) Finally, move your hands to the upper outer area of the breasts and push down and in toward the center.

**Repeat each of the above steps 5 to 10 times. This routine should be done 3 to 4 times a day.** In the beginning you may experience some discomfort, however continue to perform your massage through the discomfort but stop if it becomes painful. Doing your massage in the shower helps to ease some of the discomfort associated with these maneuvers. You may take extra strength Tylenol (if not allergic) if needed for discomfort.

#### **One month after your surgery:**

Continue the above maneuvers but add lying face down on your mattress and rolling on the implants. Do this for approximately 5 minutes at the end of your routine.

#### **Two months after your surgery:**

Continue the above maneuvers, but lie face down on a carpeted floor and roll on the implants for 5 minutes.

Commitment to following these instructions for up to 6 months after your surgery is your role in recovery from breast augmentation surgery. Please do not hesitate to call the office with any questions or concerns regarding this information.