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Postoperative Instructions

BREAST IMPLANT MASSAGE EXERCISES

Dr. Wendel may recommend that you perform breast implant massage exercises.

PLEASE NOTE: Breast Implant massage is not recommended for anatomically shaped form stable, high strength cohesive gel implants, i.e. – Mentor MemoryShape, Natrelle Style 410 and Sientra Shaped breast implants. Massaging anatomically shaped implants could cause them to rotate out of the correct position.

Breast implant massage exercises involve pushing the implant around the implant pocket several times in succession. You can move your breast implant up, down, and toward each other. Avoid pushing your implants out toward your arms. Hold your implant in each position for a few seconds. These exercises may help decrease your risk of developing capsular contracture (hard scar tissue around the implant).

You may be asked to start the exercises about two weeks after your breast implant surgery as follows:

10 cycles 2x/day for 6 week

10 cycles 1x/day for the first one year after breast implant surgery.

For Medical Questions, Please Call:

(615) 921-2100 Monday-Thursday 9:00 AM-5:00 PM and Fridays 8:00 AM – 12:00 PM. After hours and on weekends, the answering service will contact Dr. Wendel or the plastic surgeon on call.