

Post Operative Instructions

Breast-Massage-and-Implant-Exercise-Instructions

The goal is to make your surgical experience and recovery as comfortable as possible. Please call us with any questions or concerns.

Please review the following recommendations for post procedure care and the other written and verbal information you have received from your doctor. You play an active and essential role in your recovery process. It is our pleasure to assist you and care for you at any time.

Reasons for Exercises:

The self-breast massage and implant exercises are ONLY performed when smooth implants are used.

- The exercises help prevent capsular contracture (scar around the implant getting hard and painful)
- They help mobilize the implant medially (more cleavage), and inferiorly (prevent a high riding implant).

What to Do:

It takes about 5 min per breast to perform the exercises. Your right hand is used to massage the left breast, and your left hand your right breast.

- Place your right hand at the inferior boarder of your left areola, and press down towards your ribs until your hand is completely flap against your ribs.
 - Hold your hand there for 5-7 seconds, leaving the implant in a high position for that amount of time, and then let go. Repeat 10 times.
- Place your right hand at the lateral boarder of your left areola, and press down towards your ribs until your hand is completely flap against your ribs.
 - Hold your hand there for 5-7 seconds, leaving the implant in a medial position for that amount of time, and then let go. Repeat 10 times.
- Place your right hand at the superior boarder of your left areola, and press down towards your ribs until your hand is completely flap against your ribs.
 - Hold your hand there for 5-7 seconds, leaving the implant in a high position for that amount of time, and then let go. Repeat 10 times.
- REPEAT WITH YOUR LEFT HAND AND RIGHT BREAST.

How Many Times per Day:

Starting after your first postoperative visit, the self-breast massage and exercises should be done 3 times per day for 6 months, 2 times per day for the next 6 months, then daily for the life of your implant.

Daniel Calva, M.D.

What to Expect:

The self-breast massage and exercises are tender, and you will feel the implant being pushed around. This feeling is normal, but we recommend taking your pain pills (Narcotic) 30 min before you perform the exercises.

Your recovery and ultimate result is very important to us. Please read this handout carefully and keep it readily accessible as a reference after your surgery

If you have ANY questions or problems not addressed in this handout, please do not hesitate to contact us at our office at (305) 203-3938 during the day, after normal business hours or on weekends. Dr. Daniel Calva's cell phone is (305) 814-9582.

- After business hours or weekends – (305) 203-3938
- Dr. Dan Calva's Cell Phone – (305) 814-9582