

## BREAST MASSAGE TIPS AFTER A BREAST AUGMENTATION

Massage offers several health benefits, such as improving circulation, loosening tight muscles, and alleviating pain. Massage can also help patients who are recovering from breast augmentation surgery. Not only does it help the tissue remain soft and natural, but it also helps reduce the risk of capsular contracture, one of the most common side effects of breast augmentation.

Indeed, massaging your breasts after breast augmentation surgery is important to make sure that the pocket in which the breast implant was placed remains bigger than the implant.

Therefore, you will want to massage your breasts frequently throughout the day, especially for the first 3-6 months after surgery. We recommend that you continue massaging your breasts on a less frequent daily basis for up to 1 year after your breast augmentation surgery.

### 1. Benefits of Massage after Breast Augmentation

While we do not recommend massaging the breasts immediately after surgery, there are several benefits to incorporating massage after you have been cleared by your surgeon. Massage after breast augmentation can:

- Help your incisions heal faster
- Keep the breast tissue soft, flexible, and natural-feeling
- Reduce the growth of scar tissue around your new implants
- Increase blood flow to the treatment site
- Help drain lymph fluid from the area

### 2. When Should I Start Massaging My Breasts?

Before massaging your breasts, your incisions must be completely healed. If you massage your breasts too soon after your surgery, the incisions could reopen and an infection could develop.

If your breasts begin to feel hard, or if the tissue around them starts to feel tight, consult with your surgeon right away. This could indicate capsular contracture, a condition in which excess

scar tissue develops around your implants. In severe cases, it can make the breasts misshapen or hard to the touch.

### **3. How Often Should I Massage My Breasts?**

Once you have clearance from your surgeon, we recommend massaging your breasts two to three times a day for the first couple of months. Complete this practice for about five minutes each time.

### **4. Massage Techniques**

Breast implants should be massaged up, down, left and right. To complete these massages, there are different techniques.

- Massage Your Breasts Downward

When you first have your breast augmentation surgery, your breast implants will be sitting higher than they will be once you receive your final results. To help your implants settle down into the implant pocket, you'll want to massage them downward, by removing your bra, and placing both of your hands on your breast just above the nipple. Using steady, but gentle pressure, you'll want to pull your breast tissue upward, while simultaneously pushing the implant down for about 10 seconds at a time.

- Massage Your Breasts Upwards.

To stretch your implant capsule, or pocket, you'll want to massage your breasts upwards. To do so, remove your bra and cup your breast with your opposite hand directly under the nipple. Push the implant up, and hold in place for 10 seconds.

- Perform Medial Massage to Improve Cleavage.

If one of your goals for your breast augmentation surgery is to have improved cleavage, you'll want to perform a medial massage to manipulate your implants towards each other. With your bra off, cross your arms and place your opposite hand on your breast. Gently push and pull your implants together to the center of your chest, and hold this position for 10 seconds.