

Cosmetic Surgery Associates of New York

IMPLANT MASSAGE AFTER BREAST AUGMENTATION

The purpose of massaging your implants is to help maintain a natural soft breast. The body forms a scar around any implant; this is natural and unavoidable. However, a scar that contracts will squeeze or compress an implant, causing both a change in shape and firmness. Obviously we want to minimize the chance of this occurring. ***Patients who follow these directions for effective early massage will have a 90+% chance of softness!***

Massage must be started early (4-6 days after surgery) and done correctly right from the beginning to have the best chance of success. You will be instructed in the correct technique, but this page should help you to understand the rationale and the method to use. Failure to adequately move the implants in the first 2 weeks dramatically increases your chance of firmness and malposition.

The goal of massage is to move the implants, which lie behind the breast tissue, and often behind the muscle. It is possible to move the breast around over the implant, which accomplishes nothing, so *be careful to see an implant bulge in the direction you are pushing.*

I recommend initially doing massage while standing in front of a mirror so that you can really tell what is happening. First, manipulate the right implant upward toward the collarbone, and see a bulge there. This does not necessarily have to be forceful or painful, although initially there may be some tenderness. Gurgling noises may occur, but will stop after several days. Hold the implant in position for 30 seconds. Next move the implant toward the sternum and hold again 30 seconds. The implant usually lies somewhat lateral and down, so movement in these directions will be less dramatic. But it is equally important! Do each for 30 seconds, and then repeat for the other side. The whole process takes about 5 minutes.

Please do this 3 or 4 times a day for the first 6 weeks. You will then do it once daily forever to maintain the result.