



**Matthew H. Steele, MD**  
Cosmetic and Reconstructive Plastic Surgery

## **Breast Implant Massage**

There are certain situations in which Dr. Steele will recommend implant massage, also known as implant displacement exercises. Typically he will recommend this when the implants are “riding high” due to muscle spasm or tight breast tissues. There may be some evidence that implant massage may also decrease the risk of capsular contracture.

**It is very important to check with Dr. Steele prior to implant massage. Implant displacement should not be performed with anatomic form stable (shaped/gummy bear) implants. Also, textured round implants generally should not be massaged unless specifically instructed by Dr. Steele.**

Breast implant massage exercises involve pushing the implant around inside the pocket several times in succession. You will move your implants up, down, and toward each other and hold the implant in each position for 3-5 seconds. Dr. Steele will tell you when to start the exercises. During the first 6-8 weeks, we recommend 10 cycles a day, twice daily. After this time, continue once daily. **In some cases, we will recommend certain directions in which you should NOT move the implant.**

**Should you experience any sharp pain, warm or red skin, severe tightening, hardness, or change in shape or position, please contact our office as soon as possible.**

**Step 1:** Place your hands on the outside of each breast. Or, cross your arms and place your right hand on the outside of your left breast and left hand on the outside of your right breast. Gently push your implants toward the center of the chest so that they touch in the middle. Hold for 3-5 seconds. Repeat 10 times.





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**Step 2:** Place your right hand under your left breast and squeeze the implant upward. Gently push the implant upward until it reaches the top of the pocket and then hold for 3-5 seconds. Repeat 10 times and then switch and perform the exercises on the right breast. **If you have very high implants, Dr. Steele may instruct you not to perform this step.**



**Step 3:** Place both hands on your left breast above the nipple. Using steady, gentle pressure, pull your breast tissue upward while pushing your implant downward. Hold for 3-5 seconds and repeat 10 times. Repeat on the right breast. **If your implants are in a good position, Dr. Steele may advise you to skip this step.**

