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Post Operative Breast Implant Exercises

Breast implant massages, or compression exercises, are an important component in your post-operative recovery. They can minimize the risk of capsular contraction (scar tissue around the implant), as well as maintain soft, natural and long lasting results.

In general, patients should push the implant down, up, toward the middle, and outward. These exercises may begin one week after your surgery, and should be performed for 10 minutes, three times per day, for six weeks.

Dr. Hoefflin and his staff will further instruct you on how to properly perform these exercises during your post-op appointment.

