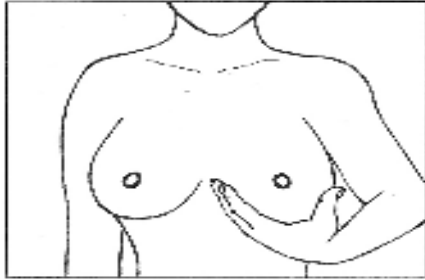
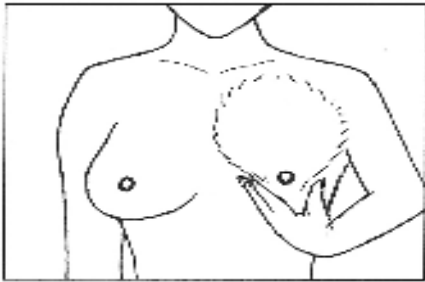


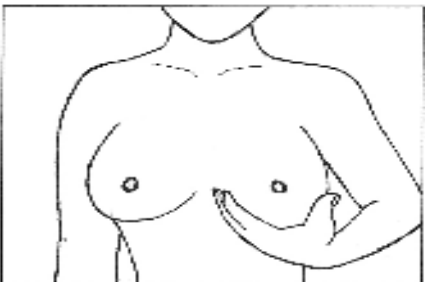
Breast Augmentation Massaging Instructions



Cup the lower portion of your breast as shown in the photo to the left. If this feels awkward, you may use your right hand with the left breast and the left hand with your right breast.



Squeeze the bottom of the breast so that your implant pushes up as close to your collar bone as possible. Hold it up there for approximately 3 seconds and then release. You can squeeze and release for about 20 times per breast, then alternate to the other breast. Take it slowly and gently in the beginning. You may not be able to reach that close to the collar bone in the first month because you may be very sore. This is normal and to be expected. Just try your best.



You should perform this massaging technique for approximately 2-3 minutes on each breast 3 times a day. This technique will help soften the implants as well help prevent the chance of capsular contracture.

No underwire bras for 3 months.

For bruising, use Arnica (may be purchased at GNC)

For scar care, use Mederma (over the counter medication)