

## Implant Displacement Exercises

After your breast augmentation surgery, it is important for you to begin Implant Displacement Exercises (IDE's). Capsular contracture occurs when scar tissue forms around the breast implant and squeezes it, causing firmness or hardness of the breast. Keeping the "breast pocket" open and moving the implant around helps reduce your the chance of developing capsular contracture. Don't be afraid to push firmly on the implants. You cannot hurt yourself by pushing firmly. It is common for one implant to move more freely than the other, and one implant will often "drop" sooner than the other. It is very important to be diligent with IDE's.

**There are two basic IDE's that you need to perform.**

**1) The Upward and Downward Squeeze: Hold each position 5-10 seconds, repeat 10 times for each breast.**

**UP:** Cupping the bottom of your breast with your open hand, gently, yet firmly, squeeze the sides of your breast together, feeling the implant move upward. Don't lift the entire breast, just push the implant up. Hold the implant up for 5-10 seconds. **DOWN:** With your hands on the top of your breast, push down. The object of this exercise is to seat the implant into the lowered breast fold. Hold for 5-10 seconds. Repeat each, 10 times, on each breast.



**2) Up, Down, In and Out: Hold each position 10 seconds, repeat 10 times for each breast.**

**Up:** Holding your opposite hand flat under your breast, lift the breast up, and hold for 10 seconds. Repeat 10 times each breast.

**Down:** Hold your hand flat on the top of the breast and push down. Hold for 10 seconds. Repeat 10 times.

**In: "Cleavage Movement":** Cup the outer breast with your hand, feel for the implant and move your breasts toward the midline. Both breasts can be done at the same time. Don't worry if the breasts do not meet in the midline. Chest muscles may be naturally be wider in some patients, resulting in wider cleavage.

**Out:** Cup the inner breast with your same hand, feel for the implant and move outwards. Both breasts can be done at the same time.

**Exercise Frequency:** Perform each IDE 5 times per day. Once the implants have healed in the lowered breast fold and the balance between the upper and lower parts of the augmented breast appear satisfactory, continue downward movements less frequently, about two to three times per week. After 2 months, exercises may be done once a day. After 3 to 4 months, you may further reduce the frequency of exercises to once a week. A large, stretched pocket will help maintain the softness and natural appearance of the breast.

