



GRAPER
COSMETIC
SURGERY

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POSTOPERATIVE BREAST EXERCISE INSTRUCTIONS

1. NO heavy lifting or strenuous exercising for two weeks. Do not smoke as it can result in wound break down.
2. Perform the breast exercises for each breast 3 times a day, 3 repetitions, lifting for 3 seconds each. This is the minimum, but more can be done if desired. Cup your hand under the breast below the nipple with palm up. Lift breast while rolling palm to chest wall. The implant should be resting on your index finger while the rest of hand is flat on ribcage when you have lifted the implant to the top of the pocket. The exercise is performed with the right hand on the left breast and vice-versa.
3. Some patients begin wearing a bra immediately after the surgery. Other patients need to stretch their skin for optimal implant placement and will wear an Ace wrap to help stretch the lower pole of their breast. DR Graper will advise you on what is best for you.
4. When the implant has reached the highest point in the pocket, gently allow the implant to return to the bottom of the pocket by supporting it with your hand. If the implant is allowed to free fall to the bottom of the pocket on its own this force can, over time, stretch the skin and lower the fold under your breast. This would change the shape of the breast in a way that we do not want. It can be fixed, but it is easier and less expensive to be gentle with the implant movement to the bottom of the pocket.
5. These exercises are an attempt to control normal wound healing. Normally the body will heal the wound we have created for the implant under the muscle. In this post operative period, we want to manage that wound healing so that the space the implant occupies does not heal in, but remains larger than the implant and therefore soft to the touch. The implant exercises produce a slippery fibrous lining to the wound edges that prevents normal tissue adherence and scarring. Failure to perform these exercises can result in normal wound healing, but also the undesirable result of firm and distorted breast known as capsular contracture. This can be fixed with surgery. We would rather you do the exercises properly than have to undergo an additional surgery with its costs and risks. So please do these exercises as instructed.