

## Breast Motion Exercises: Keeping the Pocket Open

These exercises are the key to your having a natural breast. We will spend whatever time necessary to instruct you properly, but it is your responsibility to perform these exercises.

In the first 2 to 3 days following your operation, you may find it easier to do these exercises lying down. Thereafter, you will find it quite easy to do them standing. When performing the exercises on the left breast, use the right hand next to the breast, and the left hand on top of the right hand. On the right breast, use the left hand next to the breast and the right hand on top of the left hand.

1. Keeping your hand *flat* (do not cup your hand around the breast) place the border of your index finger at approximately the nipple level, press directly inward until the palm of your hand is flat against your chest wall (A). You will feel the implant slip upward.
2. Once the implant has moved upward, exert additional pressure on it by keeping your hand in the same position and simply sliding it toward your collar bone (B).

3. Next, rotate your hand slightly so the implant moves toward the middle of your chest (C).
4. To move the implant *downward* place your hand flat against your breast with the border of your little finger approximately 1 inch above your nipple. Wipe the skin upward and simultaneously press your hand flat toward your chest wall. The implant will slide downward, and you will feel pressure in the fold area beneath the breast (D).
5. When moving the implant toward the middle or toward the side, use the same motion described above under #4, rotating both hands toward the side of the breast to displace the implant toward the middle, or rotate them toward the middle of the breast to displace the implant to the side (E,F).

The exercises should be performed at least twice a day.

Please feel free to call our office for any questions you might have.

