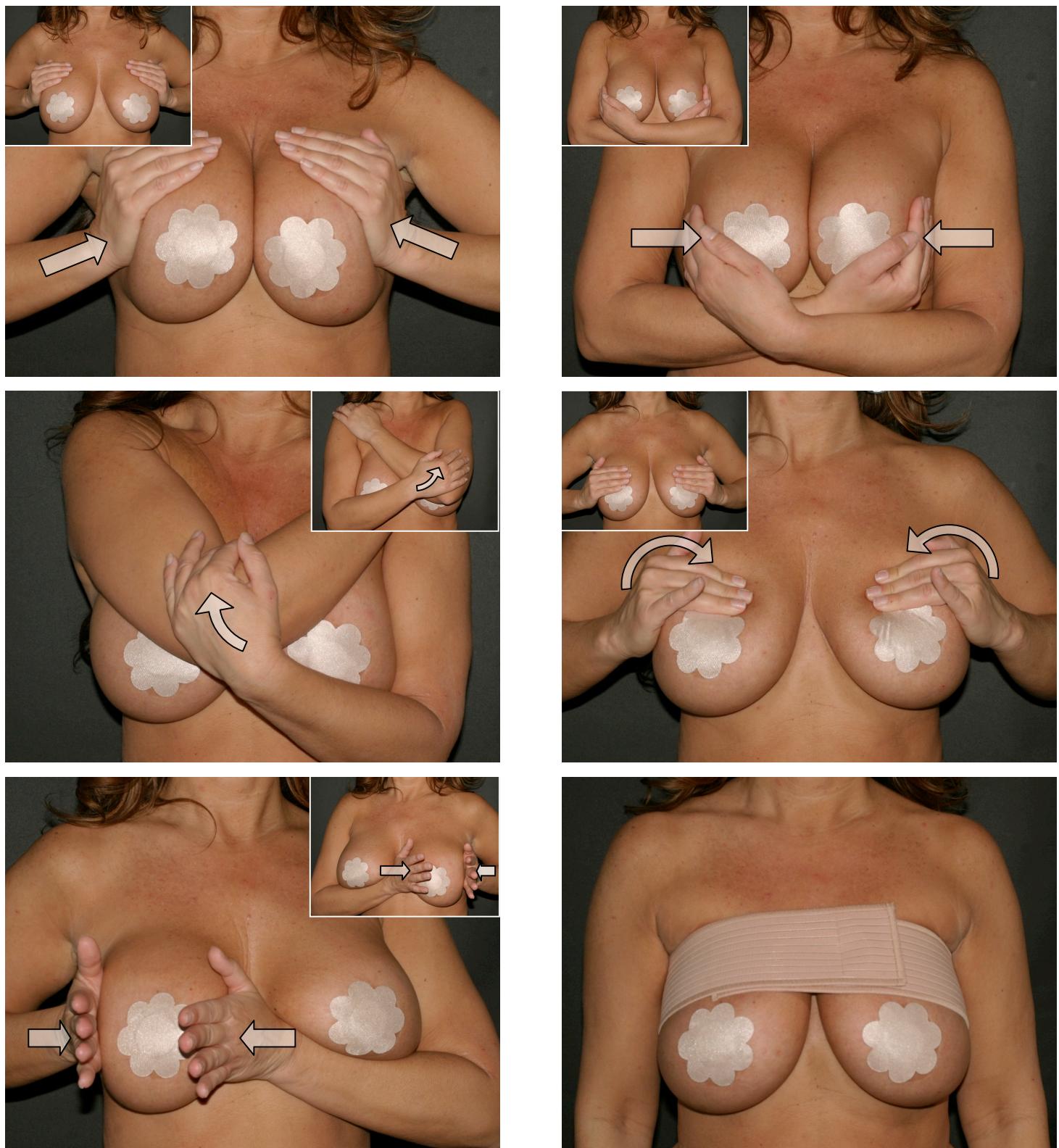


BREAST MASSAGE: Implant Displacement Exercises Following Breast Augmentation



"The massage should last not less than 5 minutes and must be vigorously repeated at least 3 times a day for the first month after operation, twice a day during the second postoperative month, and once a day subsequently. We suggest to our patients that this once-a-day regimen become a life-long habit. Among patients who have received naturally shaped implants, we prefer massages to begin no earlier than 1 week after the operation to prevent any rotation."

Reprinted in modified form: *Giovanni Botti, MD, Chiara Botti, Antonio Cellia, MD*
Aesthetic Surgery Journal, September/October 2002, Vol. 22:5, pp. 458-9