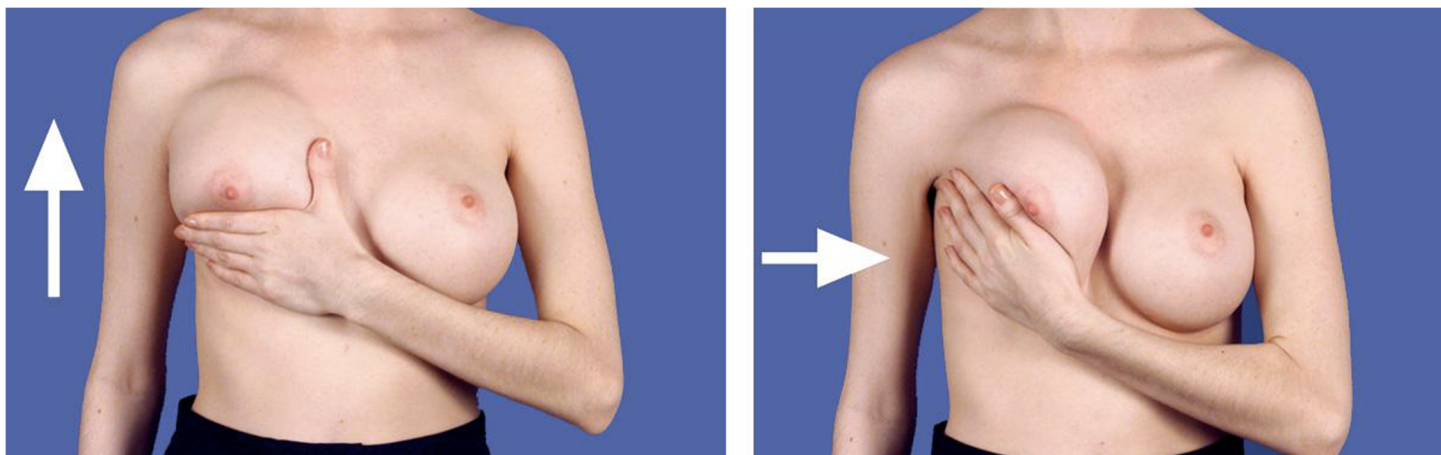




SMITA R. RAMANADHAM, M.D.
PLASTIC SURGERY

These exercises help decrease capsular contracture or thick scar tissue from forming around the implants. You should start these exercises within 72 hours of surgery. The implant should be gently pushed and held in position for a few seconds before release.



One exercise includes both directions.

10 exercises 3 times every day for first 6 months

10 exercises 2 times every day for next 6 months