

## Implant Expansion Exercises

(One cycle equals all four directions – A, B, C, D)

10 cycles 3 times daily for 3 months

From 3 months to one year, 10 cycles 2 times daily

After 1 year (and each year thereafter), 10 cycles

One time a day

In the diagram below, note the fullness of breast toward arrows

GOAL: To keep implant moving freely in created  
Pocket—thus keeping pocket from scarring tightly around implant  
resulting  
in a very firm breast

