



Post Breast Augmentation Exercises

Exercises to do after your [breast augmentation surgery](#):

PUSH UP:

First exercise is performed by squeezing tightly on the bottom of the implant causing the implant to rise upwards towards your collarbone. (At first it may be easier if it's done while lying down).



Hold each side for ONE MINUTE.

First 6 months: 2 cycles 3 times a day.
From 6 months to 1 year: 2 cycles 2 times a day.

SQUEEZE TOGETHER:

The second exercise is performed by pressing the palms of your hands against the outside of the breast to gently compress towards the center. Gently, push the breasts together so they are touching each other.

Hold for ONE minute.

First 6 months: 2 cycles 3 times a day.
From 6 months to 1 year: 2 cycles 2 times a day.



You should be committed to doing these for at least 1 year after your surgery.

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