

**The Flowers Clinic**  
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**I acknowledge receiving this form as well as verbal manipulation instructions**

**BREAST MANIPULATION**

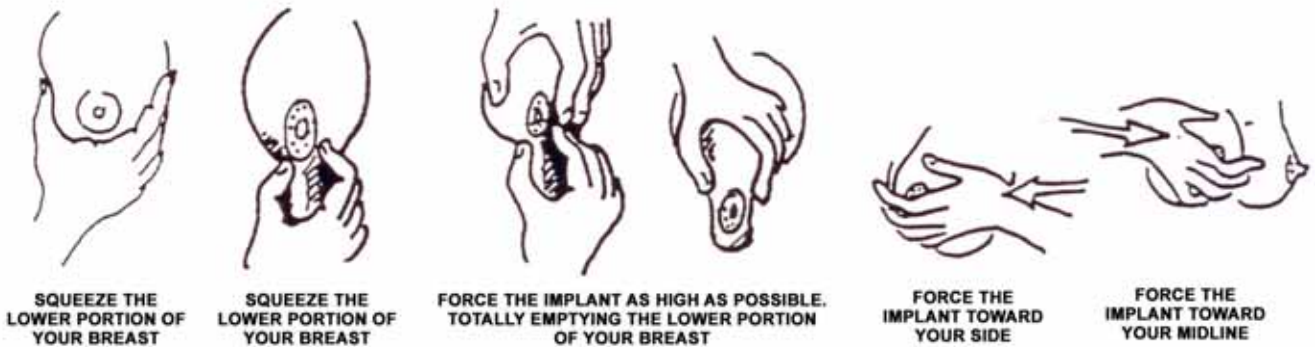
**Patient's Signature**

The natural tendency of the human body is to close off spaces made in it, so it is important to do everything possible to keep the surgical pockets in which the breast implants have been placed as large as possible. This will give your breasts the best chance of remaining soft and normal in appearance.

The most important activity that will help to accomplish this is breast manipulation. Forcefully pushing the implants into the *extremes* of their pockets must be done daily from about the fifth day after surgery.

The most important direction to forcefully push the implants is up toward the collarbone and shoulder. It is also beneficial to push the breast implants to your sides and toward your midline. Gravity takes care of pushing the breasts down.

The best way to move each implant is to use two hands, pushing the implant up. If you do this correctly, you can feel the implant high on your chest wall, and you will not be able to feel the implant in the lower part of your breast. The drawings below illustrate this technique.



Do two manipulations once a day beginning about the fifth or sixth day after surgery. Continue increasing the number of manipulations each day. By the end of ten days you should be doing six manipulations once a day. By the end of two weeks you should be doing twenty-five manipulations once a day. Breast manipulation during sex play after the third postoperative week is encouraged to help maintain large, generous pockets.

After six months you should continue daily breast manipulations, but you can decrease the number to two manipulations once a day. This will encourage the pockets to stay large and thus the breasts to stay soft. It will also move the implants around and decrease the likelihood of the "sac" fatiguing at a fold should one develop. Moving the implants around keeps them from folding in the same place for long periods of time.