

POST-IMPLANT GUIDE FOR AN UNFORGETTABLE CLEAVAGE

THE MANUAL
OF
MEMORABLE
BODIES

DRMANUELPERALTA.COM



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The Elegance of Recognizing Yourself with New Curves.

The real result isn't the bust. It's the woman revealed within it.



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Congratulations, you have completed your process and enjoy a memorable body.

PREFACE



Every woman who comes to my office does so with more than just a cosmetic desire. She comes with a story, an emotion, a unique way of imagining herself.

And when you choose breast augmentation, you're not just looking for volume—you're reclaiming a version of yourself that deserved space, shape, and presence.

My purpose as a surgeon is not to change you.

It's helping you reveal, with precision and respect, that image that you already knew existed.

I deeply appreciate your trust.

And I celebrate with you this journey that begins—not with a scalpel—
but with a new look at yourself.

There are decisions that are not shouted out.
They are taken in silence, with the firm calm of someone who no
longer needs to justify themselves.
This is not a story of vanity, it is a story of reconciliation.
With your body. With your reflection.
With you.
It's not just about changing a form.
It's about creating space—physical and symbolic—
for a version of you that has waited patiently for its moment.
This post-op guide isn't just about caring for your new breasts.
It talks about inhabiting yourself with more presence.
To take care of what represents your desire.
To elegantly sustain the decision to expand.
Here begins an intimate, meticulous journey, without shortcuts.
One where every decision, every uncomfortable night, every
gesture of self-care, is not a sacrifice, it is an affirmation.

Welcome to your expansion.
The most elegant. The most yours.
The most unforgettable.



I. THE FIRST BEAT: THE FIRST 72 HOURS

This is the space between decision and revelation. Where sensitivity and self-care meet.

What you should know:

It's normal to feel pressure, heaviness, or acute tenderness. Your tissues are adapting to a new structure.

Pain will be your first visitor, but also the first to leave if you treat it with respect.

Essential care:

Intentional rest: Sleep semi-upright, avoiding arm movements that compromise the chest area.

Smart support: Wear your post-op bra exactly as directed. Don't substitute it with regular bras.

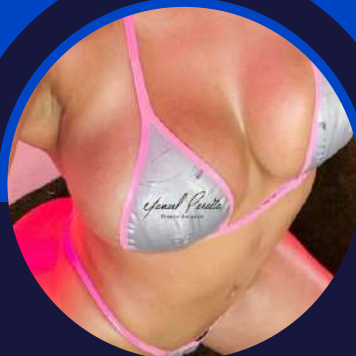
Continuous hydration: Pure water, mild infusions, sodium-free broths. You're renewing from within.

Prescriptions to the letter: Don't improvise. Precision is also an act of love.

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HEAVENLY TOUCH

During these days, apply chamomile
compresses to your eyes, listen to
uplifting music, and repeat this mantra:
"I am blossoming in my new body."



WEEK 1 TO WEEK 3

II. THE DAILY EMBRACE:

Your breasts haven't yet reached their final shape. But you're already learning to live your life in a different way.

What happens:

The swelling begins to subside. There may be temporary asymmetry, partial hardening, or tingling sensations.

The prostheses are "dropping and settling in," a natural process that can take weeks.

Practical recommendations:

Avoid raising your arms above shoulder level. Do everything gently.

**Avoid carrying heavy items:
Bags, pets, children.**



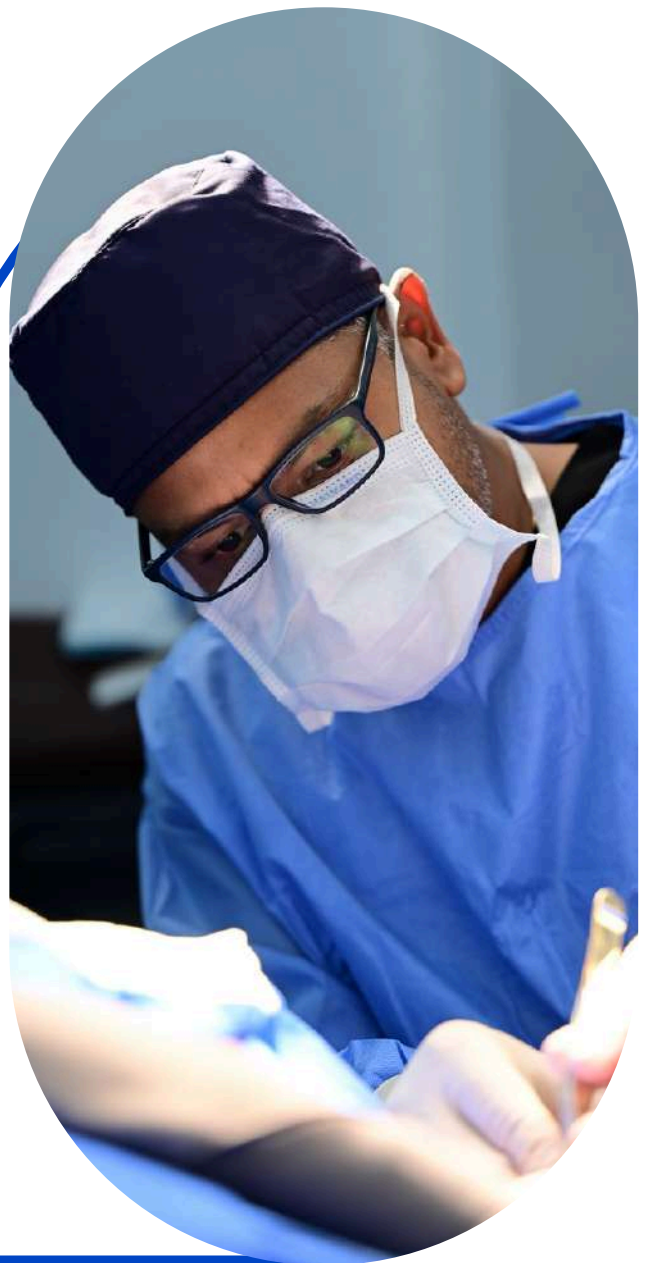
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WEEK 1 TO WEEK 3

II. THE DAILY EMBRACE:

Warm, not hot, baths.
Gentleness regulates healing.

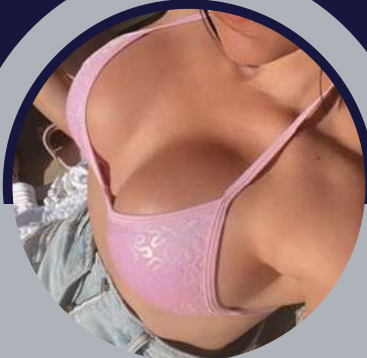
Anti-inflammatory diet: Red
fruits, green vegetables, omega
3.



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HEAVENLY TOUCH

**Create a visual space where you celebrate
your change: intimate photos, new perfumes,
a journal where you record sensations and
emotions. This isn't just a recovery, it's a
transition.**



III. THE AWAKENING SILHOUETTE: WEEK 4 TO WEEK 8

MIP

IMMORTALIZE YOUR NEW CONTOUR WITH ART

New clothes: Not for show, but for expression. Your new silhouette deserves to be celebrated.



Here the breasts begin to speak: they take shape, soften, and acquire natural movement.

What you are experiencing:

The body adapts more gracefully.

The scar begins to mature. It changes color and texture.

You start to see yourself differently. And that can cause vertigo, fascination, or both.

Refined care:

Gentle massages (only if authorized by your surgeon):
Always with natural oil or recommended cream.

Absolute sun protection: Even if the scar is not exposed, the sun influences the pigmentation of the healing skin.

IV. THE LIFESTYLE THAT SUPPORTS YOUR CHANGE: MONTH 3 AND BEYOND

The surgery was a moment. The transformation is a habit.

How to maintain your results:

Progressive upper body toning: Pilates, bands, gentle yoga. Your body needs internal support.

Self-palpation and clinical checkup: Start familiarizing yourself with your new anatomy. Get to know it, feel it, protect it.

Quality bras: Bras that flatter your shape without forcing it. Say no to push-ups. Say yes to what flatters you.

Regular medical visits: Beauty is also controlled.

**Because in this new body, there's a story. And it's powerful.
Thank you for writing it without fear. Thank you for living it
without permission.**

PREVIOUS QUESTIONS TO YOUR QUERY

Write down any questions you may have and their answers here.

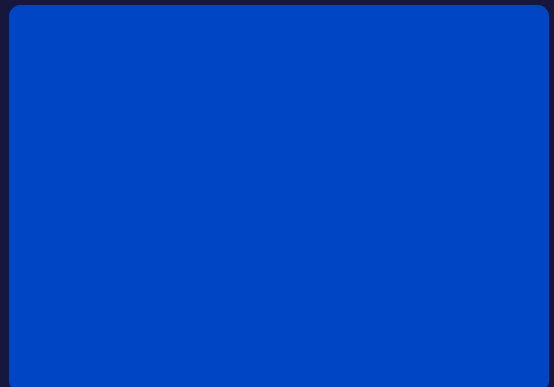
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Q2

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Q3

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FOLLOWING MY NEW HABITS

Keeping track of your habits can help you stay on track and achieve your goals. Write down your top 12 goals and check them off each day you successfully accomplish them.

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DR. MANUEL PERALTA
PLASTIC SURGEON

THANK YOU FOR READING ME

Remember that you can get a personalized evaluation of your case by filling out the form on my website: drmanuelperalta.com

Subscribe to my YouTube channel: Dr. Manuel Peralta and follow me on my social media.