

Capsular Contraction After Breast Augmentation

What Is Capsular Contraction?

Capsular contraction of breast implants is the hardening of the scar capsule that surrounds the implant.

What Causes Capsular Contraction?

Capsular contraction occurs when there are complications of breast implant surgery, and after the procedure, the body creates a fibrous scar tissue capsule around the implant. This reaction occurs when a foreign object becomes surgically implanted within the body during the healing process. The scar tissue gradually begins to shrink, and this is referred to as capsular contraction.

The degree of shrinkage will be different from one individual to another; in some women, the capsule can become tight, and the implant is squeezed, causing the breast to feel hard and resulting in pain and discomfort. As the capsule becomes tighter, the breast starts to feel firmer, and the pain is greater as a result. Capsular contracture is an unavoidable complication of breast implant surgery, and every woman who has had breast augmentation will experience it to some degree.

Capsular Contraction FAQ

Q: I had a breast augmentation 14 years ago. The “hardening” in one of my breasts has deformed that breast in time, and I was told years ago that it was called “capsular contracture.” Regardless of what it is called, the hardening of that breast is now more obvious. The other breast is fine though. I am 51 years old and in very good shape. I am not afraid of surgery, although I was told there is always a chance of infection, which is what scares me. I am trying to make the decision of whether or not to have the surgery, but I’m trying to find other alternatives. Can Serrapeptase help? Thanks!

A: Yes, Serrapeptase can definitely help with the hardened fibrous scar tissue and clear the inflammation. Take 2 SerraPlus+ 3 times a day, 30 minutes before a meal with water. For the complete health plan, see below. Follow the plan for a few weeks and come back to me with the results.

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“Serrapeptase has really helped me ease the pain of capsular contracture from my breast implants. Before taking it, my breast was too firm and painful, and I was thinking about another surgery. Good thing I tried this first. It has improved how my breast feels, and Serrapeptase has been very helpful. Thank you so much!”

- Angela R., United Kingdom

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Follow the Health Plan as recommended for the best results:

CAPSULAR CONTRACTION AFTER BREAST AUGMENTATION HEALTH PLAN

The following health plan is designed to improve capsular contracture after breast augmentation, especially when it's followed with a naturally healthy lifestyle plan.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support women's health - in order of priority:*

- **SerraPlus+** - Take 2 capsules, 3 times a day, 30 minutes before each meal. SerraPlus+ contains Serrapeptase, which will clear inflammation.
- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **Active Life Capsules** - Essential vitamins, folic acid, 77 trace minerals and elements, electrolytes, and 18 amino acids to help replenish storages in your body that are naturally depleted each day. Take 3 capsules, twice daily.

OR

- **D.I.P. Daily Immune Protection** - This also contains Selenium. D.I.P. supports a healthy and balanced immune system. D.I.P. also protects against infection and can help to support strong, healthy cells. Take 2 capsules daily with the SerraPlus+.