

## CAPSULAR CONTRACTURE INSTRUCTIONS

- **Medications:**
  - **Singulair (montelukast) 10 mg daily:** Leukotriene inhibitor to reduce inflammation and fibrosis—supported by clinical studies showing improvement in 30-60% of early cases.
  - **Vitamin E 1,000 IU and Milk Thistle 1,000 mg twice daily:** Antioxidants to support tissue health and potentially soften capsule. Side effects included bruising (vitamin E) and loose stools (milk thistle).
- **Non-Pharmacologic:**
  - **Daily breast massage:** 10 minutes, 2-3x/day—focus on gentle, circular motions to maintain flexibility.
  - **Home red light therapy:** Use a medical-grade device (e.g., 660-850 nm wavelength) for 10-20 min daily over the area; emerging evidence supports reduced inflammation and pain.
- **Pain Management:**
  - **Diclofenac 75 mg sustained-release tablets** (1 tablet daily with food, max 2 weeks initially) or over-the-counter topical diclofenac gel if you prefer non-oral. Do NOT take oral Ibuprofen/Motrin/Aleve/Naproxen if you take oral Diclofenac.

Expect noticeable softening and pain reduction in **2-4 months** with consistent use. We'll monitor progress at your next visit.

If symptoms worsen (e.g., increasing firmness, severe pain, redness), contact us immediately—we may need imaging or earlier intervention.