**T. Y. Steven Ip, M.D.**

**PLASTIC SURGERY**

**Breast Implant Exercises**

These exercises help to prevent capsular contractures (the development of scar tissue around the implant) and also help promote healing. The exercises should be performed 3 times daily for the first 6 months, twice daily for the next 6 months, and then 1 time daily for life. Each breast should be pushed gently and held in position of a few seconds before release.



# (One exercise includes both directions)

10 exercises 3 times daily for the first 6 months 10 exercises 2 times daily for the next 6 months 10 exercises one time daily for life

Please visit Dr. Ip’s website at [www.surgery-plasticsurgeon.com](http://www.surgery-plasticsurgeon.com/) for additional information on plastic surgery and wellness.

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