**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.

Newport Beach (949) 548-0300

Park Avenue NYC (855) 742-8800

Dr. T. Y. Steven Ip's Cell (949) 212-1619