

**Gregory W. Pippin, M.D., F.A.A.C.S.**  
**1111 Medical Center Blvd**  
**N406**  
**Marrero, LA 70072**  
**(504) 349-6400**

**BREAST EXERCISES**

1. **PUSH DOWN**—Take fingers and lift up on nipple of one breast while pushing down on implant with other hand. Then do opposite on opposite breast. **HOLD EACH SIDE FOR ONE MINUTE.**
2. **SQUEEZE TOGETHER**—Put hands on sides of breasts and push together. **HOLD FOR ONE MINUTE.**
3. **PUSH UP**—Squeeze tightly on bottom of implant to make it go up almost to collarbone. (Easier at first done lying down) **HOLD EACH SIDE FOR ONE MINUTE.**
4. **PUSH DOWN**—Take fingers and lift up on nipple of one breast while pushing down on implant with other hand. Then do opposite on opposite breast. **HOLD EACH SIDE FOR ONE MINUTE.**

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**Signature/Date**

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**Witness/Date**