

# **New Blog by Baltimore Plastic and Cosmetic Surgery Center Discusses When It Is Safe to Exercise after Cosmetic Surgery**

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Baltimore, MD - In a recent blog post, Dr. Schreiber of Baltimore Plastic and Cosmetic Surgery Center offers advice to help his patients decide when it is safe for them to begin working out after a cosmetic procedure. He says many of his patients lead active lifestyles and are eager to get back to exercising but must only do so when it is safe.

The blog is meant to offer general guidelines for certain procedures and what areas of the body need to be treated gently for a while following each operation. The staff at Baltimore Plastic and Cosmetic Surgery Center emphasizes the importance of discussing any exercise plan with one's surgeon before beginning any form of workout following a cosmetic procedure.

Dr. Schreiber uses his platform on <http://www.baltimoreplasticsurgery.com> to educate the public about recent advances in plastic and cosmetic surgery. He explains that while there is a lot of information on the internet concerning cosmetic procedures, not all of it is reliable and he wanted to add the point of view of a professional to help guide his patients.

Dr. Jeffrey Schreiber performs everything from breast augmentation to facial rejuvenation in Baltimore. Anyone with questions regarding cosmetic surgery, including a facelift in Baltimore, or who would like to schedule a consultation can contact Baltimore Plastic Surgery.

About Baltimore Plastic Surgery

Dr. Jeffrey Schreiber is an award-winning plastic surgeon at Baltimore Plastic Surgery. He received his B.A. in Biology as well as his MD at the University of Missouri-Kansas City where he was also a Phi Kappa Phi

Honor Society member. A general surgery internship at Johns Hopkins Hospital brought him to Baltimore. Later, he had an integrated general surgery and plastic surgery residency at Johns Hopkins Hospital and University of Maryland plastic surgery program. He has written numerous articles and was awarded an Upjohn for clinical research.

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For more information about BALTIMORE PLASTIC AND COSMETIC SURGERY CENTER, contact the company here: BALTIMORE PLASTIC AND COSMETIC SURGERY CENTER Dr. Jeffrey Schreiber 410-205-1846 doctor@baltimoreplasticsurgery.com Baltimore Plastic and Cosmetic Surgery Center 10807 Falls Rd #101 Lutherville-Timonium, MD 21093

## **BALTIMORE PLASTIC AND COSMETIC SURGERY CENTER**

*Welcome to the office of plastic surgeon Baltimore, Dr. Jeffrey Schreiber!*

*Dr. Schreiber specializes in the latest cosmetic surgery techniques of the face, breasts, and body.*

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