

BREAST LIFT PRE- AND POST CARE

Pre-Treatment Instructions:

- Avoid the following for at least 1 week prior to your procedure:
 - NSAIDS (Ibuprofen, Motrin, Aleve, Naprosyn, Aspirin)—Tylenol is allowed.
 - Certain nutritional supplements (Arnica, Gingko, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin, and other anti-inflammatory nutrients)
 - Systemic Steroids (prednisone, dexamethasone)
 - Alcohol and Cigarettes
- Hydrate well the day before and the day of the procedure for ease of the blood draw.

On the Treatment Day:

- Blood is drawn and processed.
- Topical anesthetic is applied to the treatment area for 20-30 minutes.
- Fillers may be injected when a defect is being augmented (indentations, inverted nipple) or more immediate fullness is desired.
- Injections are placed in multiple areas of the breasts to facilitate rejuvenation and regeneration of tissue.
- If PDO threads are planned, they will be placed next.
- There may be redness, swelling, bruising and a general “tight feeling” immediately post procedure and for a few days after.

Post-Treatment Instructions:

- Expect mild inflammation, redness, and swelling for a few days.
- Bruising may last several weeks. You may apply arnica gel or cream to the area to help. Do not take Arnica internally, however.
- For at least 1 week, avoid NSAIDS (Ibuprofen, Motrin, Aleve, Naprosyn, Aspirin), certain nutritional supplements (Arnica, Gingko, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti-inflammatory nutrients), systemic steroids (prednisone, dexamethasone), alcohol and cigarettes.
- Eat healthy and hydrate very well (at least 64 ounces of water daily).
- A sports bra is recommended to wear for the first few days post treatment for comfort reasons.
- You may want to wear 2 sports bras when exercising post treatment for a few days for extra support.
- If PDO threads were used, avoid strenuous aerobic exercise for 1-2 weeks to allow healing time. It is very important not to allow the breasts to significantly move for this period of time until the threads have time to get encapsulated by your tissue. See **PDO Thread Aftercare**.
- If fillers were used, you will want to sleep at a 30 to 45 degree angle and not put any pressure on this area of breasts for 1-2 weeks. See **Filler Aftercare**.