

## **BUTT 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 are injected when a defect is being augmented (indentations, hip dips) or more immediate results are desired.
- Injections are placed in multiple areas of the buttocks to facilitate rejuvenation and regeneration of tissue.
- 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).
- There should be no significant lower extremity or aerobic exercise, no submerging the area under water, no heat exposure, and the patient must sleep on their back for 2 weeks.
- Avoid running or aerobic lower body exercises for 1-2 weeks. See [PDO Thread Aftercare](#).
- If fillers were used, try not to put much pressure on this area for 1-2 weeks. See [Filler Aftercare](#).