

WING 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 if needed.
- Fillers may be injected with the serum.
- If no filler is being used, then just serum will be injected into the external labia.
- There may be redness, swelling, bruising and a general “tight feeling” immediately post procedure and for a few days after.

Post-Treatment Instructions:

- Avoid the use of NSAIDS (ibuprofen, Motrin, Aleve, Naproxen, Aspirin, etc.) for 7 days after the procedure (Tylenol is OK for pain relief – do not exceed 4000mg in a 24-hour period).
- Avoid the following nutritional supplements for 7 days after the procedure – oral Arnica, Gingko Biloba, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin, and other anti-inflammatory nutrients.
- Avoid the systemic use of corticosteroids for 2 weeks after the procedure.
- Avoid alcohol and cigarettes for 7 days after the procedure.
- Eat a healthy diet and hydrate very well.
- Application of an ice pack or cold compress to the injection area may help reduce swelling.
- It is normal to feel “firmness” in the injection area for the first few days. The area will soften.
- If there is swelling that progresses upwards or pustules/infection seems to be occurring, call the office immediately.
- Avoid touching the area for a minimum of 6 hours of treatment. After that, you may gently wash the area.
- Avoid exercise for 6 hours post treatment to minimize the risk of pressing on the injected areas.