

## **Vampire Breast Lift Post-Care Instructions**

### **Post-Care Instructions:**

- Redness/swelling/mild bruising/numbness is normal for a few days to a week. Maximum results are seen between two thru three months post procedure.
- Do not aggressively rub the area treated.
- Gently clean the area twice daily with mild soap.
- You may notice no effect at all in the first few weeks.
- Avoid irritants (glycolics, acid, retinoids, etc.) until all redness/swelling resolves.
- You may apply cool compresses/ice for 15 minutes/hour for comfort and to reduce swelling.
- Sexual activity may be engaged immediately.
- Avoid use of anti-inflammatories such as Motrin, aspirin, St. John's Wort, and high doses of vitamin E for up to one month. However, for discomfort, Tylenol can be used.
- Avoid strenuous exercise and alcohol for 24 hours after treatment.
- PRP takes time to regenerate/rejuvenate skin, fat and tissue. This typically takes two to three months for maximal results.
- Try to sleep upright, not on your side for the first 48 hours to keep the pressure off your chest.
- You should immediately notify Ageless Expressions MedSpa if you have any questions or concerns or see any signs of problems (severe or extended pain, redness, sign of infection). However, we're happy to see you at any time with any questions or concerns.

**Please call Ageless Expressions MedSpa if you have any questions or concerns or see any of the above warning signs at 720-532-1856.**