

### PRP 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 blood draw.

#### **On the Treatment Day:**

- Blood is drawn and PRP is processed.
- Topical anesthetic is applied to the treatment area for 20-30 minutes.
- Fillers are injected when a defect is being augmented (indentations, inverted nipple).
- PRP and PPP (Platelet Poor Plasma) is then injected in multiple areas of the breasts 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, 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 for this 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 in an upright angle and not put any pressure on this area of breasts for 1-2 weeks. See [Filler Aftercare](#).