

### **PRE-TREATMENT INSTRUCTIONS FOR PRP BREAST LIFT**

1. Avoid the following for at least 1 week prior to your procedure:
  - NSAIDS (Ibuprofen, Motrin, Aleve, Naprosyn, Aspirin)—Tylenol is allowed
  - Certain nutritional supplements (Gingko, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti-inflammatory nutrients)
  - Systemic Steroids (prednisone, dexamethasone)
  - Alcohol and Cigarettes
2. Hydrate well the day before and the day of the procedure for ease of blood draw.
3. You may start Arnica 5 pellets, 3 times a day starting 2 days before, and continuing the day of and for 2 days after the procedure to decrease the risk of bruising.

### **THE DAY OF THE PROCEDURE**

1. Blood is drawn and PRP is processed.
2. Topical anesthetic is applied to the treatment area for 20-30 minutes.
3. Fillers are injected when a defect is being augmented (indentations, inverted nipple).
4. PRP is then injected in the medial and lateral aspects of the breasts as well as behind the areola to facilitate rejuvenation and regeneration of tissue.
5. There may be redness, swelling, bruising and a general “tight feeling” immediately post procedure and for a few days after.

### **POST-TREATMENT INSTRUCTIONS FOR BEST RESULTS**

1. Expect mild inflammation, redness, swelling for a few days.
2. Bruising may last several weeks. You may apply arnica gel or cream to the area to help. You can continue to take Arnica, 5 pellets 3 times a day until bruising clears.
4. Avoid the sun & use a physical sun block daily to prevent permanent discoloration.
5. Avoid the following for at least 1 week:
  - Retin A/Tretinoin or retinol containing products
  - NSAIDS (Ibuprofen, Motrin, Aleve, Naprosyn, Aspirin)—Tylenol is allowed for pain reduction
  - Certain nutritional supplements (Gingko, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti-inflammatory nutrients)
  - Systemic Steroids (prednisone, dexamethasone)
  - Alcohol and Cigarettes
6. Eat healthy and hydrate very well (at least 64 ounces of water daily).