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Vampire Breast Lift Procedure™ After-care Instructions

- ❖ The use of proper sunscreen is recommended on any exposed areas.
- ❖ Avoid vigorous exercise for three days after the procedure. Light exercise and normal daily activities are permitted.
- ❖ Please do not use aspirin or other NSAID pain relievers (Advil, Motrin, Aleve) for one week after the procedure. You may use acetaminophen (Tylenol) as directed on the label and/or apply an ice pack to the area for any discomfort.
- ❖ Arnica pills or gel can be purchased at homeopathic/vitamin stores, if desired. Arnica is an herb thought to help reduce any bruising. Please follow any manufacturers instructions on the bottle and discontinue if any rash or discomfort develops.
- ❖ Results of this procedure are usually seen within 2 to 4 weeks and continue to improve for up to 18 weeks. You should notice tightening, smoothing, and increased blood flow to the area making the color more attractive. Nipples become healthier, loss of sensation from breast-feeding or breast augmentation may return, and stretch marks should improve.