

## **Seiler Skin's Vampire Breast Lift**

### **Pre & Post-Care Instructions**

#### **Pre-Care Instructions:**

The Vampire Breast Lift Treatment should not be used in patients who are smokers, pregnant, nursing, trying to get pregnant, have experienced hypersensitivity in the past, those with severe allergies, and should not be used in areas of active inflammation or infection (cysts, pimples, rash) or blood-borne infection. This procedure should not be used in patients who smoke. You should have had a normal breast exam within the last year and have not had any breast issues since.

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

- Redness/swelling/numbness is normal for a few days to a week. Real results can be expected at 4 weeks (after all swelling has resolved). Discomfort and tenderness to the touch is also common in that time frame.
- 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.
- You may notice reaction from mild to intense sexual sensitivity, want/need for sex, sexual drive/libido.
- 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 aspirin, St. John's Wort, and high doses of vitamin E for one week. However, for discomfort, non-steroidal anti-inflammatories (ibuprofen) can be used in normal mild doses.
- Avoid strenuous exercise and alcohol for 24 hours after treatment.
- Juvederm works by absorption of water and expansion to give full result. PRP takes time to regenerate/rejuvenate skin, fat and tissue. This typically takes 4 weeks to peak.
- Try to sleep upright, not on your side for the first 48 hours to take the pressure off your cheeks.
- You should immediately notify Seiler Skin and Dr. Seiler if you have any questions or concerns, or see any signs of problems (severe or extended pain, redness, swelling, bruising, lumpiness, sign of infection, blood supply compromise, or other). Signs of blood supply compromise include blanching or whitening/darkening/blackening of the skin, any discoloration, pain, or skin break/sloughing. However, Dr. Seiler is happy to see you at any time with any questions or concerns.

**I have been provided the above instructions verbally and in writing. I understand the instructions and know to call Seiler Skin and Dr. Seiler immediately if I have any questions or concerns or see any of the above warning signs of problem. 205-870-0204 or 205-873-2340.**

**INITIAL** \_\_\_\_\_