



## Biostimulant Butt Lift (BBL) Post Care

### WHAT TO AVOID

- Do NOT consume alcoholic beverages at least 24 hours prior to treatment. Alcohol may thin the blood and increase the risk of bruising.
- Avoid anti-inflammatory/blood thinning medications, if possible for a period of 2 weeks before treatment. Medications and supplements such as aspirin, vitamin A, C, E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve, and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injection treatment.
- You are not a candidate for a Biostimulant Butt Lift if you are pregnant or breastfeeding.
- If you are prone to bruising or swelling, taking Arnica tablets 48 hours prior to injections helps the healing process.

### POST PROCEDURE

- After your treatment you may resume normal activities.
- Massage the area(s) treated for 5 minutes, 5 times a day, for 5 days. (Remember, 5-5-5!!)
- Avoid pools, hot tubs, and saunas for 48 hours.
- You may take Acetaminophen/Tylenol if you experience any mild tenderness/discomfort.
- You may take Arnica tablets after your injection to reduce the risk of bruising.
- Avoid extended UV exposure until any redness/swelling has subsided. Apply SPF daily.
- Avoid strenuous exercise for 24 hours to reduce the potential for bruising. You may resume other normal activities/routines immediately.
- Avoid laser, IPL, or skin tightening treatments of the treated area for at least 2-3 weeks.

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