

Twilight Breast Lift :: Post Op Care

How to prepare:

- Ensure your service provider has a firm understanding of your complete medical history to ensure you are a candidate for this treatment
- Avoid certain medications, like aspirin and ibuprofen, for a week before your appointment
- Remove all body jewelry on the day of the procedure
- Wear comfortable, loose-fitting clothing on the day of the procedure

During the procedure:

- A numbing cream will be applied to your breasts
- While the numbing cream sets in, your provider will prepare the PRP injections – To do this:
 - They'll take a sample of your blood, usually from your arm
 - The blood will be placed in a centrifuge machine to help draw out the PRP and separate it from the other components of your blood, such as the red blood cells
- Your provider may also combine the PRP solution with hyaluronic acid to help firm the area even more
- When your breasts are numb (about 30 minutes after the cream was applied), your provider will inject the solution into your breasts

What to expect during recovery:

- This treatment is a noninvasive procedure, so no recovery time is necessary
- Some bruising and swelling may occur, but will resolve in a few days – You may take arnica montana to help minimize any bruising (can be purchased at any drug store)
- Most people can return to their regular activities immediately after their appointment.

If you have any question or unexpected concerns, please call the office at 512-910-2070 for assistance.