

## **PRE AND POST CARE INSTRUCTIONS PRP VAMPIRE BREAST REJUVENATION / REFRESH RF/OPUS NON-SURGICAL BREAST LIFT**

The **vampire breast rejuvenation (PRP injections)** is an in-office procedure that uses the platelets found in your blood plasma. It begins with taking a blood sample from you. We centrifuge the blood, allowing us to separate the platelets. Using your own blood, concentrated plasma rich in platelets is injected into the breast. PRP encourages the growth of cells in the area injected. PRP is a staple treatment option within the cosmetic industry for healing and repairing the human body in many areas such as the breasts. Please do not refer to some online fake pictures or expect a change in cup size. You may expect a mild increase in cleavage with this experimental treatment.

**Refresh RF and OPUS RF** will provide skin tightening and some degree of corrective lift to the breast, as well as targeting and fixing skin imperfections, stretchmarks and sun damages.

**Ultherapy/HIFU** will bring the most skin tightening and lift by targeting even deeper tissues at higher degrees without heating your epidermis, the limiting factor in all energy device treatments.

### **Pre Procedure guidelines**

- If possible discontinue nonsteroidal anti-inflammatory drugs NSAIDS 7 days prior to the procedure; Advil motrin/blood thinner medications.
- Please let us know if you received accutane in the last 6 months.
- Only for OPUS Rf: Avoid sun tanning in the area 2 weeks prior and after treatment.

### **Day of the procedure**

You will ask to sign a consent and be given the opportunity to get pictures taken. If you are doing Refresh RF or OPUS RF, we will use a strong topical anaesthetic cream to give you maximum comfort. Please note that it will numb your lips and tongue if in contact. If it touches your eyes, please rinse with continuous water and advise staff.

### **Post procedure PRP injections**

Massage your breast if you had PRP injections. Bruising and swelling and tenderness may happen and it is normal.

### **Guidelines for procedure aimed at lifting and fixing stretch marks**

- it would be recommended to wear a fitted bodice (ie: a VERY supportive bra like a sports bra) for as long as possible. The mainstream of stretch marks prevention is by avoiding gravity and stretching the skin. In general, do not use under breast hoop bras as they damage the breast.
- Do not Run or do heavy exercise for 2 weeks.

### **POST procedure guidelines OPUS RF**

- **Day 1-2:** Cleanse with a gentle cleanser, keeping the skin covered with **Aquaphor** day and night
- **Day 3-6:** Continue to cleanse, do not pick at your skin or try to exfoliate, let it happen naturally. Continue moisturising the skin frequently throughout the day with Alumier post procedure cream.
- **Day 7:** Continue cleansing and moisturising. you can return to your normal skin care regime. Wait 14 days to use active ingredients. Transient hyperpigmentation is normal. You may be required to use hydroquinone to prevent or treat it.

### **POST procedure guidelines REFRESH RF**

- moisturise the skin frequently throughout the day with Alumier post procedure cream. There will be redness and swelling for 1-2 days only.

### **POST procedure guidelines Ultherapy/HIFU**

- There is no visual downtime
- You may experience a few bruises, and mild soreness but it is infrequent.

For any questions or concerns please feel free to reach out to us 6137494668 or email us: [info@inovomedical.ca](mailto:info@inovomedical.ca)