

**After Care Instructions**

**Vampire BreastLift®**

* Bruising is normal after the Vampire BreastLift. You will feel sore until the bruising resolves. Tylenol®/Acetaminophen may be taken for this discomfort.
* Do not use anti-inflammatory pain relievers for 3 months if possible. These include: Aspirin (unless taking for a heart regimen or clotting disorder), Motrin®, Ibuprofen, Aleve®, and many prescription arthritis medications.
* Don’t expect to see results for about 3 months.
* Please contact us if you have any questions or concerns: **(208) 339-0106.**