












Non-Surgical BBL Aftercare Information:

General Information

Almost all areas of the skin and body can lose volume as we age, and the buttocks are no exception. Bio stimulants like Sculptra and Radiesse are great options to help combat the natural loss of collagen. These products produce results that build over time.

It's normal to feel some discomfort during the procedure and to see bruising develop in the hours after, so we place ice followed by topical application of Arnicare gel to reduce bruising. If you bruise, we expect it to heal in about 7-14 days. It is also normal to experience redness and swelling around the injected areas, which should resolve over the next hours to days. Asymmetry is part of normal human anatomy, but can be enhanced during times of swelling, like directly after a procedure such as this.

The following are post-treatment recommendations to improve comfort, reduce inflammation, and limit the chance of post-procedure complications:

-  Always wash your hands thoroughly before touching treatment areas.
-  Avoid hot tubs, saunas, heavy exercise, and sun/heat exposure for 3-5 days after treatment. Take this time to rest and heal instead.
-  Avoid touching, rubbing, or applying pressure on the treated area(s).
-  Ice the treated area(s) for the next 24-48 hours, placing an icepack for 5-10 minutes every hour. Do not apply heat or pressure unless directed by your clinician.
-  If pain relief is needed, take over-the-counter Tylenol as needed (instead of ibuprofen/Motrin/Advil).
-  Do not lay down flat for several hours after your treatment.
-  Avoid alcohol, caffeine, high salt/sugar food, spicy food, and cigarettes for at least 24-48 hours after your procedure, as these may contribute to increased swelling, bruising, and redness.
-  Stay hydrated and eat as cleanly as possible, focusing on nutrient-rich whole food.
-  Follow the skincare recommendations given to you by your provider at the end of your treatment, and wait at least 2 weeks before resuming cosmetic treatments using laser/ultrasound/peels/facials/microdermabrasion.

(flip for contact information)

These recommendations should not inhibit your ability to participate in most normal day to-day activities, but if the swelling becomes extremely uncomfortable or if you experience any other extreme symptoms (such as numbness, tingling, discomfort, facial muscle weakness, skin ulceration/discoloration around injection sites) we need to know right away.

Contact information:

For questions or concerns not requiring an urgent response please email us at

beth@belloramedicalaesthetics.com

For questions or concerns requiring an urgent response please call us at

206.683.4893.

If you are experiencing a medical emergency, please call 911 promptly.