

**Post-Op Instructions for these Procedures:  
Vampire FaceLift, Facial, BreastLift, ButtockLift, Hair Regrowth, and HandLift**

1. Avoid aspirin or NSAIDS (Motrin, Advil, Aleve, Ibuprofen) for a week, unless the Dr. said it is OK to use.
2. Avoid smoking or being exposed to cigarette smoke for at least 3 weeks.
3. Take arnica montana for bruising, and/or bromelain, and/or medical grade LED lights.
4. For those who had the **Hair Regrowth** treatment, in order to increase the likelihood of retaining your hair growth, it is recommended you use WalMart Equate brand Minoxidil 2% (5% for men), near the Rogaine in the haircare aisle. The Equate brand Minoxidil 2% costs about \$20 for a 3 month supply and should be used as directed, twice daily. For severe cases, Propecia (finasteride), 1mg by mouth each day, may be recommended.
5. Using any medical-grade skin care that increases collagen production will enhance results: (eg. peptides, retinoids, micro or nano technology products). Or medical-grade LED lights, such as Celluma. Or medical-grade laser hair-stimulation devices such as HairMax Laser Combs.
6. For hair regrowth, taking Biotin supplements can be helpful.
7. Taking 1000-1500mg of Vitamin C daily helps your body to optimize amounts of collagen made (since vitamin C is necessary to make collagen).
8. Be sure to return for a follow-up appointment so we can note your rate of progress. This is part of patient compliance, and our way of being able to ensure optimal results for you.

Thank you for allowing us to help address your concerns!! We are truly honored and will do our best to earn your trust.