



Liquid BBL Aftercare

We're honored to be part of your booty journey. No butts about it. 🍑

✔ DO:

- 🚫 Avoid sitting directly on buttocks for 48 hours
- Stay well hydrated 💧 — collagen stimulation loves water!
- 🚶 Do light walking every few hours for circulation
- Sleep on your stomach or side to avoid pressure 😴
- Wear clean, breathable undergarments daily 👖
- Apply sterile bandages to incision points as directed 🩹

🚫 AVOID for 24-48 Hours:

- Sitting directly on buttocks for extended periods 🚽
- Strenuous exercise 🏃, hot showers 🚿, saunas, or tanning
- Alcohol 🍷 and blood thinners (unless prescribed by doctor)
- Touching or massaging area (unless specifically advised) 🙅
- Baths 🛀, hot tubs, pools 🏊 — showers only!

🕒 If You Had Sculptra:

- 🕒 Massage the area 5 minutes, 5x per day, for 5 full days
- This is VERY important — prevents nodule formation
- Ensures even distribution of product 🔄
- Set phone reminders to remember your massages! 📅

📅 Your Recovery Timeline:

- 🕒 Days 1-3: Most swelling and tenderness
- 🔄 Week 1-2: Swelling reduces, shape becomes clearer
- ⚡ Week 4-6: Collagen stimulation begins in earnest
- 💎 Week 8: Final beautiful results visible

🕒 Full Results:

- Gradual improvement as collagen is stimulated ⚡
- Final results visible at 4-8 weeks 🔄
- Multiple sessions may be recommended for optimal volume
- Results can last 1-2 years with proper maintenance ⚡

⚡ Maximize Your Results:

- 💧 Drink 8+ glasses of water daily — collagen loves hydration
- 🍖 Eat a protein-rich diet to support tissue building
- 🚶 Light walking daily promotes circulation and healing
- 😴 Sleep on your stomach or side for the first 48 hours
- 📅 Follow up with your provider as scheduled

⚠ Call Us If You Notice:

- Severe or worsening pain, hard lumps, redness, warmth, skin changes, or unusual swelling

💧 **Hydration is your secret weapon:** Collagen production — the key to your Liquid BBL results — is supercharged by proper hydration. Drink 8+ glasses of water daily in the days following your treatment. Well-hydrated skin heals faster, holds results longer, and produces more collagen for a fuller, more lifted appearance over time.

📞 (347) 514-9311

Questions? We're always here for you 💕

LovMedSpa
Defining Timeless Beauty