



Vacuum Butt Lift Before and After Care

Prior to the Vacuum Butt Lift Treatment, please observe the following:

- Drink at least 4-5 glasses of water before your treatment.
- Avoid drinking any alcohol 24 hours before the procedure and while undergoing a treatment plan with us.
- Please wear a thong or high rise bikini.
- Eat a small meal/snack before your treatment, never come with an empty stomach.

After-care instructions for Vacuum Butt Lift Treatment:

- Expect redness & hickie cup marks after (this only lasts a few hours). Some people with sensitive skin may bruise but with proper aftercare instructions this will heal on its own in no time.
- Please take care of any spray tans after your session / treatments.
- Drink at least 3-4 glasses of water after your treatment to make sure all the toxics in your body that will be moved become flushed

If you are concerned about any reaction, please call XO Betty and contact your healthcare provider immediately.