



“When should I start using these products?”

— At Least 3 Days Before —

Begin using Boobie Bath, then immediately moisturize with Boobie Butter, twice a day.

— 3 Days Before —

Add Arnica Montana three times a day.

— The Day Of —

Do not apply Boobie Butter until after your procedure.

— Once Incisions Close —

Begin applying Scar Salve to your incision sites at least three times a day.



“How long/how much should I use each product?”

Each product should be used until it's gone. As for the amount, it will vary based on your breast size, but here are some general guidelines:

— Boobie Bath —

About one teaspoon per breast, massaging for about 30 seconds each.

— Boobie Butter —

Just enough to fully cover your breasts. (You've used too much if it's overly greasy.)

— Scar Salve —

Think of this like applying lip balm to your incision sites (be sure they are fully closed).

Please be sure to consult your plastic surgeon before you begin using these products.