

THREAD LIFTS PRE AND POST TREATMENT

Pre-Treatment Instructions

- Please stop the following medications 7 days before your procedure to reduce the risk of bruising.
 - Advil
 - Ibuprofen
 - Fish Oil
 - Motrin
 - Aspirin
 - Vitamin E
- Arnica Montana Instructions (15c)
 - 5 pellets twice daily for 3 days prior to procedure
 - 5 pellets every hour for first 4-5 hours after procedure
 - 5 pellets every 2-3 hours 1st day after procedure
 - 5 pellets three times a day 2nd day after procedure

Post-Treatment Instructions

- Apply SPF30 + and avoid direct sunlight & tanning beds to prevent Post Inflammatory Hyperpigmentation (PIH).
- Gently wash the treated areas on the same day but do not rub or massage the face for 2 weeks.
- Try to sleep with either two pillows on your side (or by using a travel pillow) to avoid pressure at night.
- Do not open mouth too wide for 3-4 weeks (avoid dental treatment for 2 weeks if possible)
- Avoid taking any anti-inflammatory medication such as Naproxen or Ibuprofen, because inflammation is necessary to initiate the new collagen formation process. Ibuprofen and similar medications will suppress this.
- Avoid alcohol and blood thinning medicines (such as aspirin, unless prescribed for medical indications) for 7 days post procedure.
- Avoid blood 'thinning' vitamins C, A & E for 5 days post procedure.
- Take Vitamin C 2000 mg/day for 2 weeks starting 5 days after thread lift implant. To support collagen production.
- Avoid temperature extremes such as sauna, hot baths, or very cold climate for 2 weeks.
- Avoid strenuous physical exercise for 2 weeks post procedure.
- Avoid having Radio Frequency (RF) or any heat producing device (laser, IPL, etc.) treatments of the thread treated areas for at least 8 weeks.
- Anti-inflammatory medication may be taken after 7 days post procedure.
- Stinging or "Pulling" discomfort is normal and should subside over a 2-3 week period.
- A Scratchy sensation is normal and should subside over a 2-3 week period.
- Possible complications may include Infection, swelling, bruising, foreign body reaction in epidermis (granuloma) and protrusion.
- Extremely rarely, temporary facial nerve injury may occur due to local anesthetic, swelling, hematoma or pressure of the thread on the nerve. Your practitioner MUST be informed immediately if facial nerve injury is suspected.