



Thread Lift Pre/Post Care

Pre-Care Instructions To Follow For Your Thread Lift Appointment:

Follow this guideline BEFORE each treatment

- Three days prior to procedure, avoid all supplements, vitamins, green tea, and **NO anti-inflammatory drugs** i.e. Advil or Ibuprofen.
- Take 2 Tylenol extra strength an hour prior to procedure and take as needed after procedure.
- Eat a good breakfast and hydrate well on the morning of the procedure.
- No alcohol 48 hours before treatment.
- Avoid strenuous exercise for 4-7 days after the procedure, avoid yoga poses like downward dog.
- Avoid heat such as hot baths and saunas for 24 hours.
- Wash your face normally.
- It is recommended to put a clean pillow case on to avoid contamination through existing oil, dirt and make-up.
- Gentle upward massage with your face cream is recommended.
- Avoid eating chewy / tough foods such as steak as this may be uncomfortable for the first day or two.

Post-Care Instructions:

Follow this guideline AFTER each treatment

- It may take up to 2 weeks or more for the treatment area to become noticeable
- One should expect to be sore, swollen, and/or bruised post procedure.
- Ice is a great anti-inflammatory! Practice 15 mins on and 15 mins off as needed for the days post procedure. It is also common to take Tylenol as needed.
- Dimpling, asymmetry, and irregularity of the tissue is normal and will resolve.
- Injection site pain is normal and may last up to 1 week after treatment.
- If there is puckering of the skin in the treated areas, gently massage often to release.
- If any thread becomes exposed or starts to extrude it is best to contact your practitioner to resolve.



- Avoid exercise, hot tubs, or saunas for 24 hours. You should stay away from any excessive sweating during this time.
- Avoid strenuous activity (such as high intensity workouts and contact sports) for 48-72 hours after.
- Eating foods like a steak or a large burger right after treatment may be uncomfortable!

Please ensure this guideline is carefully followed for optimal results. For any questions or uncertainties, please do not hesitate to contact our office for immediate assistance.

If experiencing any abnormal symptoms, please visit your physician immediately.