

B.TOX.BAR.

Thread Lift Pre & Post Treatment Instructions

About Thread Lifts

Thread lifts are a cosmetic procedure that uses sutures placed under the skin to subtly lift the skin and build collagen on the face and neck.

Before Your Treatment

- Avoid agents that increase the risk of bruising 1 week prior to treatment and 2 days after:
- Aspirin, ibuprofen (Advil, Aleve, Motrin, Naprosyn), Excedrin, St. John's wort, Vitamin E, fish oil, omega-3s, ginkgo biloba, ginseng.
- Do NOT stop any medications that were prescribed by your doctor and are medically necessary to take.
- Avoid drinking alcohol 1 week prior to your treatment to minimize the risk of bruising.
- To minimize bruising take arnica or bromelain up to 1 week prior to and 1 week after treatment or until the bruising fades.
- Plan for this procedure at least 6 weeks before any special events or functions.
- Wash your hair and face thoroughly on the day of your procedure.
- The day of your procedure - take Tylenol 650 mg by mouth 1 hour prior to your treatment

What to Expect After the Treatment

- Tylenol 650mg by mouth every 6-8 hours as needed for pain.
- Temporary numbness, tingling in the treated area, or partial facial muscle paralysis (from the lidocaine anesthetic), lasting up to 2-5 hours.
- Swelling, bruising, bumps, puckering, tenting, indentation and tenderness are expected up to 2-4 weeks after treatment. In rare cases, you may experience these symptoms for up to 4-8 weeks.
- Applying intermittent cold compresses or ice (for 5-10 minutes at a time) to the treatment areas during the first 24 hours will help reduce swelling.
- Pain: you may experience sharp, stinging/burning, pulling or sensitive nerve pain. Most discomfort occurs in the first 5 days and improves each day.
- In some cases, you may feel the thread poke out or shift forward due to excessive facial movement which can be trimmed in the office.
- Sleeping with your head elevated on 2-3 pillows for the first 3 nights can help minimize swelling. Avoid sleeping on your face as much as possible.

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What to Expect After the Treatment

- Avoid vigorous exercise, hot tubs, and saunas for 72 hours after treatment.
- Avoid yawning, laughing, taking large bites of food or chewing gum for the first 14 days post-treatment as this can cause the threads to loosen, migrate or inflict pain.
- Eating softer foods is recommended.
- Avoid dental work 4 weeks after treatment.
- Occasional stinging, burning, numbness, knot, pulling, itchy sensations will decrease about 1-2 months after treatment
- Nose threads: The threads are entered through the tip of the nose. A small scab will form and heal within 1-2 weeks. Some may experience a dark or light pigment which will fade over time. In rare cases, a scar, keloid or change in pigment may occur..