



### **THREAD LIFT AFTERCARE INSTRUCTIONS**

1. Apply SPF30 + and avoid direct sunlight & tanning machines in order to prevent post Inflammatory Hyperpigmentation (PIH).
2. Gently wash the treated areas on the same day but do not rub or massage the face for 1 week.
3. Do not open mouth too wide for 3-4 weeks (avoid dental treatment for 2 weeks if possible)
4. A stinging or “pulling” pain or discomfort is normal. Take Tylenol 500 mg 1-2 tablets every 8 hours as required. Use ice as needed for swelling and pain. Avoid taking any anti-inflammatory medication such as Ibuprofen for 2 weeks, because inflammation is necessary to initiate the new collagen formation process. Ibuprofen and similar medication will suppress this process.
5. Avoid alcohol and anti-coagulant medicine (aspirin, unless prescribed for medical indications) for 48 hours.
6. Avoid blood ‘thinning’ vitamins C & E for 7 days.
7. Avoid temperature extremes such as sauna or very cold climate for 7 days.
8. Avoid physical exercise for 72 hours post procedure.
9. Avoid having Radio Frequency (RF) or any heat producing device (laser, IPL, etc.) treatments of the thread treated areas for at least 4 weeks.
11. Stinging or “Pulling” pain discomfort is normal, this will subside over a 2-week period.
12. Scratchy sensation is normal; this will subside over a 2-week period.
13. There may be some initial unevenness or folds in the area treated. These usually disappear in the first 2 weeks but can continue for up to 6 weeks.
14. Possible complications may include infection, swelling, bruising, foreign body reaction in epidermis (granuloma) and protrusion. Extremely rarely, temporary facial nerve palsy may occur due to local anesthetic, swelling, hematoma or pressure of the cannula or thread on the nerve. Your practitioner **MUST** be informed immediately if facial nerve is expected to be not working correctly (i.e facial droop) and if your practitioner can’t be reached then go immediately to ED.
17. If you have any questions or concerns please call the office at 585-405-5000 immediately, email the office, or send a social media message.