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## **POST-TREATMENT INSTRUCTIONS**

### **for MINT PDO Threads**

- Patient may go back to everyday life (i.e. eating, walking, etc.) right after the procedure
- Swelling may be present after the procedure but the use of ice packs for 30 minute intervals for a few days will help lessen the swelling.
- Avoid washing your hair or taking a shower for 24 hours post procedure. You may wash your face but gently with no rubbing.
- No dental procedures for 2 weeks
- No smoking for minimum of 2 weeks
- No blood thinners for 3 days post procedure
- Continue avoiding fish oil, garlic, ginkgo, NSAIDS (Ibuprofen, Aleve, etc.), Vitamins A and E or any fatty acid supplements for 3-5 days to minimize bruising
- Continue avoiding niacin, high sodium or high sugar foods or refined carbs for 3-5 days to minimize swelling
- Continue oral Arnica 5 pellets 3 times daily for 3-5 days post-procedure to minimize bruising. Also eat pineapple or take Bromelain supplement which can also aid in bruise reduction.
- Avoid aggressive or prolonged chewing, wide yawns or any exaggerated facial movements such as big smiles for one month
- Avoid lying on your back or side for 4 hours to minimize the chance of thread movement. Sleep upright or with your head propped up for 3-5 days post-procedure. It helps to put pillows on either side of you when you sleep to avoid rolling over in the night.
- Avoid headstands, yoga, strenuous workouts for 2-3 weeks
- No deep facial massages for 2 months
- No resurfacing laser procedure for 6 months
- No microneedling or injections for 2 weeks
- No laser, BBL treatments for a month
- No radiofrequency treatments for 3 months