

Pre/post Treatment for Threads

Pre-Treatment

You can apply Arnica Cream or take arnica pills 3 to 4 days prior to treatment on the areas where bruising may occur in order to reduce or prevent any bruising post-treatment

Post Treatment

- **Do Not Touch or Manipulate the Threaded Area:** Avoid touching, rubbing, or manipulating the threaded area for the first few days after the procedure. This can disrupt the placement of the threads and interfere with the healing process.
- **Avoid Sleeping on Your Face:** Refrain from sleeping on your face or putting pressure on the treated area while sleeping for the first few nights after the thread lift. Sleeping on your back can help maintain the integrity of the threads and promote optimal results.
- **Do Not Engage in Strenuous Activities:** Avoid strenuous activities, heavy lifting, or exercises that strain facial muscles for at least one week post-thread lift. Excessive movement can dislodge the threads or lead to complications.
- **Avoid Excessive Facial Expressions:** Minimize making exaggerated facial expressions or movements, such as smiling or laughing vigorously, to prevent strain on the threads and reduce the risk of complications.
- **Do Not Apply Makeup or Skincare Products Immediately:** Refrain from applying makeup or skincare products to the threaded area immediately after the procedure. Your provider will advise you on when it is safe to resume your regular skincare routine.
- **Avoid Sun Exposure:** Minimize sun exposure to the threaded area and use sun protection, such as hats or sunscreen, to prevent hyperpigmentation and protect the delicate skin during the healing process.

By adhering to these post-treatment guidelines for thread lift procedures, you can promote optimal results, minimize complications, and ensure a smooth recovery process. If you have any concerns or questions, don't hesitate to contact your healthcare provider for guidance.