



## Pre and Post Thread Lift Instructions

### Pre-Thread Lift Instructions:

- Do NOT use aspirin, Motrin, Advil, ibuprofen, Vitamin E, ginkgo biloba, fish oil, St. John's Wort, garlic pills, or other anti-inflammatory medications for 1-2 weeks if okay with your primary physician as they can increase the risk of bruising. For mild pain or headaches Tylenol is preferred.
- You may have some bruising/swelling after the procedure. Arnica supplements (available at Gunn Dermatology, most supplement stores, Whole Foods, etc) have been shown to decrease bruising if you want to take them starting 3 days before your treatment.
- DO inform your nurse or physician if you have a history of medication allergies, history of anaphylaxis, and any other medical problems.
- The ideal time to schedule this procedure is at LEAST 3 weeks before a big event.

### Post-Thread Lift Instructions:

- After the treatment, DO NOT massage areas where the threads are placed unless instructed.
- Treated areas may be slightly red, swollen, slightly irregular and bruised for the first 2-5 days. This will settle out.
- DO NOT get a facial or massage in areas treated for 2 weeks after your procedure.
- Avoid strenuous workouts and alcohol for 24 hours if possible.
- DO massage small treated areas ONLY if you notice slight puckering or irregularity in an area if instructed by your provider.
- If bruising occurs, continue Arnica supplements or apply topical Arnica gel, drink fresh pineapple juice, and/or take Bromelain supplements to help bruising resolve faster.
- Depending on the areas treated, if around the mouth, DO NOT undergo dental procedures for 3-4 weeks.
- DO call the office at 205-415-7536 if you notice any threads extruding from the skin

Schedule your next session as recommended by your physician. In about 1 week you should be looking your best! We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance.