

Element

Medical Aesthetics

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THREAD PRE + POST CARE

PRE TREATMENT INSTRUCTIONS

- Schedule at least 2 weeks prior to a special event.
- Do NOT schedule within 2 weeks of vaccines.
- Avoid blood thinners (aspirin, ibuprofen, naproxen) for a week prior to treatment. Tylenol can be taken for pain before treatment since it does not thin the blood.
- Be sure to let your injector know if you are on any prescription blood thinners.
- Do NOT take any fish oil, vitamin E, ginseng, or ginkgo biloba, or other supplements that thin blood 1 week prior to treatment. Cut garlic out of your diet 1-2 days before your treatment.
- Avoid drinking any alcohol for 1-2 days prior to your treatment.
- Drink plenty of water the day before your treatment.
- Bromelain and Arnica can be used to reduce bruising and inflammation.
- If you have a history of cold sores, let us know. We can prescribe antivirals before/after your treatment.
- A cold compress can be applied for 10 minutes prior to treatment to constrict blood vessels and to numb the area.

POST TREATMENT INSTRUCTIONS

- Ice the treated area for a few minutes for four to five times during the day for the first week if you are experiencing bruising or swelling.
- For approximately two weeks, avoid active facial expressions (big yawns, wide smiles, excessive neck movements, chewing gum, etc.) to ensure the threads stay in place and heal better under the skin.
- Do NOT perform any strenuous activity or heavy lifting for 2 weeks. Light exercise is fine.
- Avoid aspirin post-procedure for 2 weeks. You may take Tylenol for tenderness and discomfort.

- Alcohol should be avoided for 24 hours after treatment to reduce bruising.
- Stay cool and avoid heat such as hot showers, saunas, washing the face with hot water, and cooking over a hot stove for 24 hours after treatment.
- Experiencing slight discomfort in the first two days after the procedure is normal, it will gradually reduce.
- Sleep on your back with your head elevated.
- Do NOT pull your facial skin, massage, or scrub the face for 1-2 weeks.
- Wait at least 2-4 weeks or longer before getting additional cosmetic injectables and lasers on the treated area.