

# Aftercare & Advice:

## Threads



1. Gently wash the treated areas on the same day but do not rub or massage the face for 2 weeks.
2. The facial muscles need rest for 2 weeks following the treatment. Do not open mouth too wide for 3-4 weeks and avoid dental treatments if possible.
3. Avoid vigorous exercises for 1 week post procedure.
4. A soft diet is recommended for 7 days post treatment.
5. A stinging or "pulling" pain or discomfort is normal. Take paracetamol every 6 hours as required. Avoid taking any anti-inflammatory medication such as Nurofen for 4-6 days as this could lead to more bruising.
6. Avoid alcohol for 5-7 days.
7. Do not take anti-coagulant medicine (aspirin, unless prescribed for medical indications) for 7 days.
8. Avoid Omega 3 and 9 for several days, before and after treatment to reduce possibility of bruising.
9. Refrain from extreme temperature such as sauna, steam room for 2 weeks.
10. Apply SPF 30+ for 2 weeks after treatment to avoid post inflammatory pigmentation in the areas of thread insertions.
11. Allow a 10 week gap between threads and Radio Frequency (RF) or any heat producing device (laser, IPL, etc.) procedures in the same areas.
12. Possible complications may include infection, swelling, bruising, foreign body reaction in epidermis (granuloma) and protrusion.
13. Extremely rarely, temporary facial drop may occur due to local anaesthetic, swelling, haematoma or pressure of the cannula or thread on the nerve. Your practitioner MUST be informed immediately if you experience this symptom. If your practitioner can't be reached, contact A&E at once.
14. Schedule a follow up examination with your medical practitioner 7 days later.