



## Thread Lift Post-Treatment Care

- ❖ You can start massaging treatment area up as the same day as treatment, as tolerable.
- ❖ If you have any pain or discomfort, take Tylenol (Acetaminophen) as directed on the bottle.
- ❖ Avoid strenuous exercise for the first 48 hours after the procedure.
- ❖ Do not apply make-up to the treatment area for 24 hours.
- ❖ You may apply a cold compress to the treatment areas to reduce swelling and bruising.
- ❖ Please note that you may experience some mild pain, swelling, bruising or redness at the treatment area. Bruising may last up to 1 week, rarely more than 2 weeks.
- ❖ The results of your treatment may take between 4 to 6 weeks to take full effect.
- ❖ Most thread lifts are a temporary procedure. Depending on the types of threads used for treatment, results can last anywhere from 8 months to 5 years.
- ❖ We always recommend scheduling a follow-up appointment at check out for one month after your treatment to ensure the threads are settling as they should and to take post-treatment photos for your chart. If you decide not to schedule at the time of check out, you can always call us to schedule your follow-up.