



Threads Pre and Post Instructions

<PersonallInfo.FullName>

<PersonallInfo.DOB>

Please read and follow all instructions listed below to learn how to prepare for your treatment and receive the best possible results. This procedure has a minimal recovery period.

If you have any questions or concerns regarding your treatment or the aftercare, please call (970) 223-0193.
If you have an emergency, please call 911 or visit an emergency room.

- PREPARING FOR YOUR TREATMENT -

For 24-48 hours before treatment, eliminate or limit high sodium foods, high sugar foods, refined carbs, caffeine, alcohol, cigarettes.

Avoid Treatments that may irritate the skin, 1-2 weeks prior. This includes waxing, depilatories etc.

***Do NOT take Aspirin, Vitamin E or products containing fish oil for 1 week prior your treatment.**

Verify your pharmacy is current, pick-up your prescriptions and follow the instructions provided:

Acyclovir (antiviral/for those with a history of cold sores)-**begin 2 days prior to treatment.**

Threads cannot be received if you: +Have an infection in the treatment area
+Have respiratory or sinus infection at time of the treatment.
+Have a history of a bleeding disorder.
+Are pregnant or plan to become pregnant
+Have a history of keloid scarring

Item Checklist

*HA5 Hydra Collagen & TNS Advanced Serum available for purchase
Gentle Cleanser
Sunblock (SPF 50+)

- THE DAY OF YOUR PROCEDURE -

DURING TREATMENT

- Remove all makeup and lotions from face
- Avoid dental treatments for 4 weeks

AFTER TREATMENT IS COMPLETED

- Pain and swelling in the injection site is normal and may last several days after treatment.
- Avoid strenuous exercise for 2 weeks after treatment.
- No massaging or rubbing the face for 2 weeks.
- Avoid hot tubs, steam rooms, saunas or excessive temperatures for 2 weeks following treatment.
- Flying may increase swelling and be more uncomfortable immediately after treatment.
- Asymmetry and irregularity of the tissue is common and will typically resolve in 1-2 weeks.
- Avoid sleeping on your side for 2 weeks.

SUN BLOCK MUST BE WORN EVERY DAY AND REAPPLIED EVERY TWO (2) HOURS, EVEN WHEN NOT IN DIRECT SUNLIGHT. KEEP SUN EXPOSURE VERY LIMITED FOR THE NEXT 30 DAYS.

