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## NovaThreads Thread Lift Pre and Post Treatment Instructions

### Two weeks prior to your treatment:

- Avoid anti-inflammatory/blood thinning medications, if possible, for a period of 2 weeks before treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Naproxen (Aleve) and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
  - If you have medical concerns or questions regarding the stopping of any of these medications or supplements, please consult with your prescribing physician.
- You may take Tylenol (acetaminophen) for any pain management you may need prior to your treatment.

### Days prior to treatment:

- Do NOT consume alcoholic beverages - especially red wine - at least 3 days prior to treatment (alcohol may thin the blood and increase the risk of bruising)
- We will provide you with Arnica tablets. Take the morning **prior** to your procedure.

### Day of treatment:

- For a more comfortable treatment, take Tylenol (acetaminophen) just before arriving for your appointment.
- Please arrive without make-up.

### Immediately after NovaThreads Lift:

- Effects should be noticeable immediately after treatment. However, maximum effect will occur **in 4-6 weeks**.
- Minor bruising and swelling may occur. A slight depression or skin irregularity may appear at the insertion points; these typically disappear a few days after treatment.
- Asymmetry and irregularity of the tissue are common and will typically resolve **in 1-2 weeks**.
- Continue avoiding anti-inflammatory/blood thinning medications, if possible, for a period of one week after treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Naproxen (Aleve) and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
  - If you have medical concerns or questions regarding the stopping of any of these medications or supplements, please consult with your prescribing physician.
- You may take Tylenol (acetaminophen) for any discomfort as there may be pain at the insertion points. This is normal and may last several days after treatment. Please consult with your provider for any pain beyond **2 weeks**.
- Take one Arnica tablet every six hours until all are gone. Use Arnica cream as indicated/needed.
- Gently apply cold packs to the site.
- Wash and pat face dry (no rubbing) for first five days.
- Sleep face-up, elevated on pillows for the first three to five nights.



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**First week post-treatment:**

- **Continue taking only Tylenol (acetaminophen) as needed for pain.**
- Sleep face-up, elevated on pillows for the first three to five nights.
- Wash and pat face dry (no rubbing) for first five days.
- Avoid sunbathing, tanning creams, and tanning beds.
- Avoid facial massages or facial aesthetic treatments.
- Avoid any kind of exercise for a minimum of 7 days.
  - If treatment is performed on the body, no exercise for 2 weeks. If threads are placed in the buttocks area, no deep squats for one month.
- Avoid saunas, steam rooms, hot tubs, or any water source that could be unclean or excessive in temperature.
- Avoid dental surgery.
- Avoid excessive facial movements.
- Eat soft foods.
- Do not chew gum.

**Second week post-treatment:**

- Avoid sunbathing, tanning creams, and tanning beds.
- Avoid sleeping face down, facial massages or facial aesthetic treatments.
- Avoid any kind of exercise.
- Avoid saunas, steam rooms, hot tubs, or any water source that could be unclean or excessive in temperature.
- Avoid dental surgery.
- Avoid excessive facial movements.

**Third week post-treatment:**

- Avoid sleeping face down, facial massages or facial aesthetic treatments.
- Avoid saunas and/or steam rooms.
- Avoid dental surgery.

**Fourth week post-treatment:**

- Avoid sleeping face down, facial massages or facial aesthetic treatments.

Schedule an appointment one to two weeks post treatment with your provider to review your results and to take post-treatment photos.

**Please call our office if you have any questions or concerns.**