

ThreadLift™ and Barbed Suture Post Treatment Instructions

FOR FIRST 24 HOURS **NO TALKING (CLENCH TEETH ONLY)** **HOLD BROWS UP WITH FINGERS WHEN MAKING FACIAL EXPRESSIONS** **DO NOT TOUCH FACE**

- **Liquids and Fluid diet for first 24 Hours**

Aggressive clenching motions of the teeth and jaws may dislodge the ThreadLift™ and Barbed Suture threads and disrupt the lift effect. Liquid diet, soups and liquefied soft foods, protein and energy shakes for the first 24 hours. Avoid sucking on a straw if the mid-face has been treated

- **Soft Foods for 3 weeks.**

After the first 24 hours of liquid diet, then it is very important to eat only very small portions of soft, easy to chew foods (NO APPLES or HARD chewy foods) for 3 weeks after the ThreadLift™ and Barbed Suture procedure. Excessive jaw movements and chewing may dislodge the threads and you may lose the lift effect.

- **No pulling Down on Face for 4 weeks**

- **Gentle Cold Compresses for 3 days**

Use cold wash cloth compresses applied **VERY GENTLY** to the brow, cheeks and jowls for 10 minutes, 3 times a day for the first 3 days. Be very careful not to press too firmly against the skin or you will dislodge the lift effects of the facelift threads.

- **Clenched-Mouth Talking & minimize facial expressions for 3 weeks**

Broad, full motions of the corners of the mouth will tend to dislodge the lifting threads and you may lose your facelift effect. To minimize this risk, keep your teeth gently closed together when you are talking and avoid any smiling for 3 weeks. If you have only had ThreadLift™ and Barbed Suture of the brow, then you may talk.

- **Avoid sneezing, crying, and coughing for 3 weeks**

- **No Rubbing for 3 weeks**

Absolutely no rubbing brow, cheek, facial or neck skin that has undergone the ThreadLift™ and Barbed Suture. Rubbing of the skin will dislodge the threads and you may lose the lift effect.

- **Pat dry and Pat Cleaning for 3 weeks**

You are only allowed to pat the skin gently while cleansing or touching your face or any area where there has been ThreadLifting™ and Barbed Suture performed.

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- **Soft Make-Up application for 3 weeks**

Use a very gentle make-up application technique, no more than a gentle patting. Aggressive makeup application may dislodge the facial threads and remove any lift effect. You may apply gentle make up and go out in public immediately after the procedure.

- **Sleeping on your Back with 2 Pillows for 1-3 weeks**

No sleeping on your front or side for 3 weeks, or the threads may be dislodged and the facial lift effect will be lost.

- **Bruising Medication for 7-14 days**

Arnica Tablets starting one day after Threadlifting™ and continue for 1 week may reduce bruising.

- **No Heavy Exercise or Gym for 3 weeks**

Avoid any and all heavy exercise and straining for 3 weeks after the ThreadLift™ and Barbed Suture procedure. Heavy straining during this period may disrupt the threads and compromise any lift effects. You can begin gentle exercise at a week

- **Tension strapping**, if no other operation was done at the same time as the Threadlift™ you may be given directions on the use of Tension strapping

- **Antibiotics** and other medicines should be taken as prescribed.

- **Avoid Aspirin and Vitamin E** for 2-3 weeks

RECOVERY TIMELINE

Shower 2 days after surgery

Makeup after 4 days do **not** rub the face

Eyebrow Tweezing after two days

Avoid applying any cosmeceutical skin care (Retin A, AHA etc) for five days

Aerobics, Weight Lifting, Exercise can begin **gently** at a week

Hair color, facials , massage, waxing after a three weeks

Return to Work in 3-7 days

IMPORTANT INFORMATION

- **The Threadlift™ does not replace a facelift**
- **Puckering and bruising may occur for two weeks**
- **If you lie on the thread or apply pressure it can break**
- **If a thread breaks it is not an emergency**
- **Broken Threads are not usually replaced immediately**
- **A broken thread will usually appear as a small ball under the skin**
- **It is important that you limit talking and chewing and do not lie on the threaded areas**
- **The cost for the Threadlift includes the replacement of up to two broken threads at no cost for four weeks. If more than two threads break in the first four weeks additional replacement threads are inserted at cost. After that time you will be charged the normal surgical rate per thread.**