

THREAD LIFTING PRE AND POST CARE

Thread lifting is a non-surgical aesthetic procedure whereby specialized threads are inserted into the deeper connective tissues of the skin. These threads help to lift and reposition the skin, and they are able to stimulate new collagen to rejuvenate the skin itself. Compared to a conventional facelift there is far less trauma, no visible scars, no skin cut away and minimal down time. There are multiple products available on the market – we choose to use high quality products with longevity. The threads are made from absorbable materials such as poly-lactic acid, poly-caprolactone, and some combined with hyaluronic acid. Your consultation with your doctor will guide which thread method is suitable for you.

Pre Care Instructions

- If you are able to, avoid blood thinning medication one week prior to procedure as these increase your risk of bruising. These include: over the counter medications such as Aspirin, Brufen, Voltaren, other anti-inflammatory medications, niacin, vitamin E and omega-3 fatty acids. Panado is acceptable to use.
- Please notify your doctor if you are using prescription or non-prescription blood thinners so that extra precaution may be taken to avoid bruising.
- Do not apply products that are potentially irritating to the skin 2-3 days before and after the procedure (eg. tretinoin, retin-A, benzoyl peroxide.)
- No dental, medical or invasive procedures of any kind for 2 weeks *before or after* treatment.
- If you develop an infection, rash or any acute inflammation in the area to be treated prior to your appointment we recommend that you reschedule your appointment until it resolves.
- **Contraindications:** Pregnancy, breastfeeding, autoimmune disease, and active skin infection.

Day of Treatment

- We recommend you do not wear any makeup, it will need to be removed prior to treatment.
- If this is your first time receiving a thread lift procedure a “before” photo will be taken for your file.

Post Care Instructions

- There is minimal downtime and only local anaesthetic is required for this procedure.
- Temporary swelling may occur which may last 3-5 days, mild bruising may also occur and takes up to 10 days to resolve.
- Skin puckering and asymmetry is normal and expected – this will settle. It may be pressed out by the doctor but this reduces the lift and binding of the thread.
- Most patients can resume normal activities of daily living (work, light walking etc.) the same day of the procedure, but it is advised to take it easy for the first week following the procedure. For patients who have had multiple threads inserted there may be more discomfort.
- After the procedure we suggest you gently use an ice pack at home to assist with any redness and swelling.
- Arnica, Traumeel or Voltaren gel may help with pain and inflammation, and 2 Panados can be taken for a few days if needed. Avoid oral anti-inflammatories as they affect the new collagen formation.
- Do not press, rub or massage the treated areas for the first month post procedure as this may disturb the thread positioning and effectiveness.
- Sleep on your back for the first week. An elastic bandage worn at night might be advised depending on the procedure performed.
- Do not shave, wax, or wash the face harshly for the first week.
- Avoid excessive neck and exaggerated facial movements for the first week.
- Avoid vigorous exercise, extreme temperatures, and alcohol for the first week.
- Avoid blood thinning medication for the first week post procedure. If prescription medication is unavoidable please continue the medication but be aware that bruising is more likely.
- Avoid cosmetic treatments such as laser, ultrasound, deep chemical peels or microneedling for 1 month after treatment.
- Avoid dental surgery for 1 month post procedure.
- If you experience any other side effects or develop a fever, excessive redness, swelling or pain please contact the clinic immediately on 087 806 8700.

A follow up with your doctor is mandatory at 1-2 weeks and then 1 month after the procedure – alternative dates may be specified by your doctor.

The subtle face lifting effect is visible immediately post procedure. Skin rejuvenation takes place from a natural wound healing process and collagen formation which develops over the course of a few months. This tightening effect may last between 12-24+ months depending on the type of threads used and the patient's ability to make collagen.