

## Thread Lifting Treatment

Specially formulated surgical sutures (no more than 0.1 mm thick) are inserted under the skin between the tissues. The introduction of the sutures produces mild fibrosis and collagen induction in reaction to the presence of the new substance in the body, which results in the construction of new tissues that increase the thickness of the epidermis and dermis, and improves the blood flow in the area, which ultimately leads to a rejuvenated and improved skin tone, and reducing fine lines found in the skin.

### Before the thread lifting treatment session

- **Threading should not be performed if the patient has already performed a permanent filter to the area**
- Ensure that blood and diabetes patients (under treatment) are at the normal level before the session
- Avoid taking aspirin or other non-steroidal anti-inflammatory drugs such as Ibuprofen, Advil, Fish oil, Ginko Biloba, and high doses of vitamin E for 7-10 days prior to procedure, as these may cause increase risk of bleeding and bruising at the treated site(s).
- Regular multi-vitamin and Paracetamol is permitted (If not contraindicated).
- Avoid alcoholic beverages for 24 hours prior to procedure as this can increase the risk for bleeding and bruising at the treated site(s).
- Avoid waxing, bleaching, tweezing, or the use of hair removal creams in the area(s) to be treated.
- Come with face clean to the appointment (i.e. no makeup)!
- Take two Paracetamol tablets (if not contraindicated) 1 hour prior to your appointment to help with any discomfort you may have, if you have concerns about discomfort.
- If you have any history of Herpes Simplex (cold sores) on your face, make sure you inform the doctor one week prior to your appointment; this will allow us adequate time to prescribe anti-viral medication.
- Schedule your appointment at least 2 weeks prior to a special event which you may be attending, such as a wedding or a vacation. Bruising and swelling may be apparent in that time period.
- Sunburn skin is difficult to treat so avoid exposure to the sun.
- Eat a snack before your appointment to decrease the chances of lightheadedness during your treatment.
- Always inform your doctor of medical history and all medications, including supplements
- If you are taking prescription blood thinners such as Warfarin or Plavix, you should check with the prescribing doctor to see if you are able to stop these medicines for 7-10 days before your appointment and at least 2 days after the procedure has been done.
- If you use creams with Vitamin A → Discontinue 2 days before and 2 days after treatment.

### After the thread lifting treatment session

- Wash the face gently and dry by patting
- Do not use creams / make-up for 48 hours
- Avoid hot baths, facials and saunas for 3 days after treatment.
- Avoid rubbing the skin & sleeping on the side for 2 weeks
- Do not take aspirin, voltaren or ibuprofen for 24 hours after treatment.
- Can take Paracetamol for any headaches.
- Mild pinprick bleeding, mild swelling or bruising may rarely occur, and this is temporary.
- To help with swelling and bruising you may use arnica (cream or gel), along with aloe, vitamin E and fresh pineapples!
- Compliance with the full prescription is very important
- Avoid cosmetic procedures for 2-3 weeks (Meso -RF - Plasma - Laser - HIFU)
- Remember your sunscreen every day.
- For the stronger threads, it is prohibited to conduct a facial massage for a whole year

\* Depending on the type of thread and the nature of the body - improvement is gradual monthly until 6 months (the benefits of the session last for 1-3 years)

**\*Results and benefits can vary and are different for each individual. Therefore our Clinic cannot guarantee specific results.**

**Prescription after thread lifting procedure**

**1. Antibiotic**

(Amoclan 1gram) - One tablet twice daily

**2. For swelling**

(Reparil tab) - Two tablets, 3 times daily until swelling disappears

**3. For bruising**

(Meso-Arnizen gel or Cebelia LCE Balm or Bioderma Arnica cream)

- Apply to bruise area every 3-4 hours

**4. For PAIN**

Dolaraz 400mg – once after each meal

**or**

Panadol extra tablets – two tablets 3 times daily