



BAY AREA COSMETIC DERMATOLOGY

tel (415) 292-6350 | fax (415) 440-6356 | weloveskin.com

PRE & POST CARE FOR THREADLIFT

WHAT IS THREADLIFT?

The Threadlift procedure utilizes absorbable, sterile, surgical threads to provide skin elevation without adding extra volume. The threads are made from dissolvable sutures, which easily get absorbed by the body and have been extensively studied. This is not a permanent implant and the effects in correcting facial sagging are temporary.

HOW TO PREPARE FOR YOUR APPOINTMENT

- If you are currently taking blood thinners, you may experience more bruising. If approved by your doctor, please stop one week in advance of procedure.
- If you are prone to bruising you may purchase [homeopathic Arnica](#) from the office or online. Arnica supplementation prior to injections can reduce the risk of developing a bruise.
- Topical numbing cream will be applied prior to treatment. In rare instances, allergic reactions may occur. Additionally, topical numbing cream can aggravate underlying skin conditions such as rosacea. Such irritations may be treated using a 1% hydrocortisone cream, like [BACD Calming Cream](#), which may be purchased in the office or online. If an allergic reaction occurs from the numbing cream, please inform our team immediately. We will treat the complication and document the reaction to avoid the use of numbing cream in the future.

WHAT TO AVOID AFTER TREATMENT

- Avoid exposure to direct sunlight and do not use tanning beds.
- Floss gently. Avoid dental appointments for 3 weeks after treatment.
- Avoid facial or face-down massages and facial aesthetic treatments for 2 weeks after treatment.
- Avoid exercise, especially high impact sports (e.g. running) or sports involving body rotation (tennis, golf, swimming) for 2 days after treatment.
- Avoid excessive facial movements for 3-4 days after treatment.
- Eat soft foods only and no chewing gum for 1-2 days after treatment.

HOW TO CARE FOR SKIN

- We recommend gently icing the treated area immediately after treatment to help reduce swelling and discomfort - we can provide additional ice packs to take home with you. Ice should be applied for no more than 5 minutes at a time with the area being allowed to warm before applying ice again.
- Take acetaminophen (Tylenol) in case of pain. Please avoid Aspirin and NSAIDs (aka Ibuprofen) as approved by your doctor.
- Wash, shave, and dry face gently without rubbing for 5 days after treatment.
- You may continue to use your regular products and apply make-up immediately after Threadlift injections provided you have no adverse skin reactions to the treatment or numbing cream. Apply products gently.

Please contact our office if you are experiencing excessive bruising, swelling, pain, or if you visibly see the thread or feel it inside your mouth. If you call after hours, your provider's personal cell phone number is at the end of the voicemail message.

If your provider has given you instructions deviating from the general recommendations in this document, please follow your provider's personalized instructions.

Questions or concerns? Please securely send a direct message to your provider through BACD's online patient portal: [MyPatientVisit](#) or call the office 415-292-6350.