

Threadlift Care Instructions

Before Your Treatment

- 5-7 days prior to treatment, avoid vitamin E, aspirin or aspirin-like products including Ibuprofen, Advil, Nuprin, Aleve, or Motrin.
- If you become pregnant or start breastfeeding, please give us a call.

After Your Treatment

- Swelling, bruising, and tightness of the treated areas are to be expected and may last for 2-3 weeks after your treatment. The swelling may be more on one side. There may also be some reddening and irregularities of the skin beneath the treated area. These conditions will improve with time.
- Use a cold compress (crushed ice in a zip lock bag), gently placed over treated areas to minimize swelling and bruising.
- Try to minimize movement of the treated sites.
- Rest with your head elevated on 2 pillows.
- Diet must be limited to soft foods and limited chewing for the first week. Avoid hard foods and gum chewing for 2-3 weeks.
- For 2 Weeks after your treatment, avoid vitamin E, aspirin or aspirin-like products including Ibuprofen, Advil, Nuprin, Aleve, or Motrin.
- For 3 Weeks after your treatment, avoid rubbing the treated areas.
- For 3 months after your treatment, avoid Radio-frequency MicroNeedling, Thermage, and some Ultherapy Treatments.

Questions/Concerns. Post-treatment healing varies from patient to patient. If you have any questions or concerns, please contact our office at 425-450-0880.