



Minimally Invasive Therapy Specialists

Thread Lift Patient Instructions

BEFORE TREATMENT:

1. Make sure you have a good night's sleep.
2. Do not put makeup on when coming for the treatment.
3. Take a bath / Shower in the morning.
4. Have a light breakfast. We will not sedate you, but you can take an anxiolytic to relax during the procedure. If you want, please ask us to prescribe one for you prior to your appointment.
5. Wear clean clothes. The shirt may get soiled so please wear that you are not very fond of.

DAY OF THE PROCEDURE:

1. The procedure is performed under local anesthesia so you don't need to fast, however, some patients may feel nauseous, therefore a light breakfast is recommended.
2. After the procedure which may take between 30 minutes to an hour, you will have tape applied to your face.
3. We recommend that you rest the rest of the day and preferably for the next day as well.

AFTER THE PROCEDURE:

1. **DO NOT** drive or operate heavy equipment for the remainder of the day. You should bring a responsible adult driver with you to take you back home.
2. **DO NOT** drink alcohol for 48 hours.
3. **DO NOT** Floss your teeth for 2 weeks. It puts excessive stress on your sutures so this should be avoided.
4. **DO NOT** apply hydrogen peroxide or plastic Band-Aids to any of the drainage slits or holes (incision sites)
5. **DO NOT** soak your suture areas in a bath, Jacuzzi, swimming pool, or body of water for 14 days following surgery.
6. **DO NOT** engage in vigorous physical activity for 2 weeks.
7. **DO NOT** apply an ice-pack or a heating pad to the skin treatment area of Silhouette Lift for at least 4 weeks following the procedure.
8. **DO** Stay on a soft diet for the first 3 days after surgery. Drink plenty of water, fruit juices.
9. **DO** keep your head elevated at least 30 degrees for the first three nights.



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10. **DO** Avoid any direct pressure to the face and area where the sutures were placed for Three (3) weeks after surgery has been performed. (Example: sleeping on your face - known as the face down position)
11. **DO** limit facial movements to a minimum for at least 2 weeks. Avoid excessive chewing, talking, yawning, smiling, and other facial movements during this period of time.
12. **DO** cleanse the incision areas daily
13. **DO** take all of the prescribed antibiotics

Your need for pain medication should be minimal. We recommend trying over the counter Tylenol® for any discomfort. Ibuprofen or other non-steroidal anti-inflammatory over the counter medication can be tried if Tylenol® is not adequate or does not work for you. Keep in mind that (especially in the first 3 days after the procedure) ibuprofen or similar medications can lead to increased bruising.