

Thread & Lift

INFORMATION TO PATIENTS

After the procedure – Parallel technique

THE FIRST WEEK AFTER THREAD LIFT:

- Rest during the first day.
- Follow the prescription of your doctor.
- The oedema, due to the insertion of the threads, creates a swelling of your face at the level of the cheekbones and temples for 2 to 3 days, which then gradually disappears. This may be associated with the temporary appearance of a dimple at the exit point of the threads.
- A swelling of the forehead and eyelids may sometimes appear after 2-3 days: it will disappear within a week.
- It is normal for your cheekbones to be a bit too prominent the first week due to oedema. You may also notice some irregularities at the cheeks. Do not worry. They will fade in the following days.
- Pains in the temples and scalp on the threads pathways are systematic the first few days and may bother you to eat or sleep. Take the analgesics your doctor gave you without exceeding the prescribed dose.
- For the exit points on the face: **do not apply make-up until the crusts have fallen off, i.e. between 48 and 72 hours, do not scratch the crusts and when the crusts have fallen off use new make-up products.**
- *In the case of an associated neck procedure*, one or two stitches may have been made under the chin. These stitches are protected by a bandage when you leave the practice. **They need to be changed TWICE A DAY until the stitches are removed. BEFORE PLACING A NEW BANDAGE PLEASE TAKE CARE TO DISINFECT THE STITCH(ES) WITH BIASEPTINE AND DRY THE AREA WITH A STERILE COMPRESS. IT IS ABSOLUTELY FUNDAMENTAL that you do NOT apply any ointment on these stitches so they may heal without risk of infection.**
- Be gentle with your face: when washing, move from the bottom to the top, not the other way round.
- Be extremely gentle with your scalp (and in particular, BE CAREFUL when massaging and blow-drying at the hairdresser's).
- Make sure to have a rigorous hygiene the first week: keep your pets away from your face and wash your hands regularly.
- There is no cons-indication, even just after the procedure, to:
 - Sun exposure
 - Alcohol consumption
 - Chewing (eat what you want)
 - Sleep in any position
 - Laughter
 - Sauna
 - Any sport activity (unless extreme sport and combat sport)
 - Any other activity that is not excessively brutal

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- During the first 2 to 3 days avoid the municipal pool and/or to put your head in the water even in a private pool.
- **The threads will be perfectly hooked after 3 days.**

THE 2nd WEEK:

- Recovery of activity after 3 to 8 days on average.
- Sensitivity at the temples continues to fade.
- During the reduction of the oedema the first month, some hollows or bumps will appear at the level of the cheeks in front of the path of the threads. This is normal. This is explained by a disappearance of oedema faster in some places than others. Their position can sometimes vary during the day, while standing.
- *In the case (a) stitches are (is) removed from the neck,* protect the area during the following day with a dry bandage.

THE 3rd AND 4th WEEKS:

- The irregularities of the cheeks are more discreet and no longer perceived by your entourage.
- The final result is visible after 1 to 2 months, depending on the patient.
- Until the end of the second month, continue to be extremely gentle with your scalp.