

Thread & Lift

PATIENT INFORMATION

After the procedure – Medical technique

THE 1st WEEK AFTER THE PROCEDURE:

- Rest on the first day.
- Follow your practitioner's prescription carefully.
- Your practitioner will have placed “steristrips” on the exit points of your face. Keep them for 72 hours.

Hygiene :

- **Be sure to practice strict hygiene during the first week:** Keep pets away from your face and wash your hands regularly.

Washing :

- Be gentle with your face: when washing, use movements from the bottom to the top, not the other way around.
- You can wash your hair the next day using your usual shampoo BUT wait 10 days before submerging your head in water.
- No hair mask for 7 days
- Until the end of the first month, be very gentle with your scalp (BE CAREFUL especially when massaging and blow-drying at the hairdresser).

Makeup :

- Do not apply makeup over the “steristrips”.
- You can apply makeup (apart from “steristrips”.) as long as it is new. Take a new foundation, in a tube. After washing your hands and rubbing them with hydroalcoholic gel, apply it to your face with your finger (not a sponge or makeup brush).

Post-operative care:

- The edema will create swelling in your face at the cheekbones and temples for 2 to 3 days which will then gradually disappear.
- It is normal for your cheekbones to be a little too prominent the first week due to edema. You may also notice some irregularities in your cheeks. Don't worry. These will fade over the next few days.
- Swelling in the forehead and/or hematoma in the lower eyelids may sometimes appear after 2-3 days: it will generally disappear within a week.

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- Pain in the temples and scalp along the path of the threads is systematic during the first few days and can make it difficult for you to eat or sleep . Follow your practitioner's prescription for painkillers, without exceeding the prescribed dose.

Resumption of activity:

- There are no contraindications regarding the following activities even directly after the intervention:
 - Exposure to the sun
 - Alcohol consumption
 - Chewing (eat whatever you want)
 - Sleeping position
 - Laughter
- Resumption of social life between 3 and 8 days on average.
- Wait until the second week or until the stitches are removed (if you have had surgery on your neck) to take a sauna and resume non-brutal sports.

In case of placement of threads on the neck area :

- One or two stitches may have been placed under the chin. These stitches are protected by a dressing (such as “tegaderm”) that you will keep until the stitches are removed on the 8th day. **IT IS ABSOLUTELY FUNDAMENTAL that you do NOT apply ANY ointment to these stitches so that they heal without risk of infection.**

THE 2nd WEEK:

- Sensitivity in the temples and scalp continues to decrease.
- During the reduction of the edema in the first month, some hollows or bumps may appear on the cheeks opposite the path of the threads. This is completely normal. This is explained by a faster disappearance of the edema in some places. Their position can sometimes vary during the day, when standing.

In case of removal of the stitch at the neck: **Protect the area for the next day with a dry bandage or “steristrip”.**

THE 3rd WEEK AND AFTER:

- The irregularities in the cheeks are more discreet and are no longer noticed by those around you.
- The final result is visible after 1 to 2 months depending on the patient.
- Until the end of the 2nd month, continue to be very gentle with your scalp (especially when washing and blow-drying).