



# Haru Clinic

## Precautions After Thread Lifting

It's common to experience some swelling and bruising following your Lifting procedure. Please follow these precaution instructions for your best recovery:

1. Wear a face band for the initial 1-2 months as your skin adheres and settles into its new position.
2. If needed, apply a cold compress immediately after the procedure to reduce swelling.
3. If you notice any dimpling or indentation (such as dimple phenomena), please contact us and visit us for a follow-up appointment the next day.
4. Should you have any discomfort, please take prescribed pain killer medication as advised for the first 2-3 days.
5. Sleep flat on your back, propping your head up with pillows to elevate it for the first 3-5 days.
6. When washing your face, please gently cleanse your face without rubbing and dry without dragging a towel across the skin. (for 5 days)
7. You can apply makeup softly starting 24 hours after the procedure.
8. Please avoid excessive exposure to sunlight and do not use tanning beds for 2 weeks.
9. Please avoid facial massages and beauty treatments for 4 weeks.
10. Please avoid intense sports like running, for 2 weeks.
11. Do not use saunas or hot baths for 2-3 weeks.
12. Please avoid any dental procedures for the next 3 weeks.
13. Please avoid actions that require opening your mouth wide for 3 weeks, such as eating burgers or wraps.
14. Please avoid excessive use of facial muscles for 2 weeks.

See you  
at your next  
visits at Haru



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