

Precautions After Thread Lift

Please review the following guidelines to support a stable recovery and help maintain balanced results.

I. Aftercare Guidelines

- Please wear the face band for approximately 1 to 2 months while the tissue stabilizes and settles into place.
- From immediately after the procedure through the first 2 to 3 days, use cold compresses as needed. If you have pain, please take pain medication as directed.
- For 3 to 5 days, please sleep on your back with your head elevated on a pillow. Wash your face and shave gently, and do not rub or apply pressure to the treated area.
- For about 2 weeks, please avoid excessive facial expressions, large facial movements, high-impact exercise, and excessive sun exposure.
- For 2 to 3 weeks, please avoid saunas, steam rooms, bathing, alcohol, and smoking.
- For 3 weeks, please avoid dental treatment and opening your mouth widely.
- For 4 weeks, please avoid facial massage and any strong cosmetic stimulation to the face. (No meridian massage)

II. Changes That May Occur During Recovery

- Temporary swelling and bruising usually improve gradually within 1 to 2 weeks.
- Pain or a pulling sensation may continue for several days.
- You may experience discomfort when making facial expressions or pain in the temple area when eating, but these symptoms are usually temporary.
- Temporary skin unevenness or occasional dimpling may occur, but this generally settles over time.

III. Results and Progress

- Results and duration may vary depending on your skin condition and tissue characteristics.
- Proper care during the 1 to 2 months it takes for the tissue to stabilize plays an important role in the final result.

IV. When to Consult Your Medical Provider

- If pain or swelling persists abnormally
- If inflammation or an allergic reaction is suspected
- If you experience any of the above symptoms, please contact our clinic and visit for an evaluation.



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