



Pre and Post NovaThread Lift Instructions

Pre-NovaThread Lift INstructions:

- **Do Not** use aspirin, Motrin, Advil, Ibuprofen, Vitamin E, Ginkgo Biloba, fish oil, St. John's wort, garlic pills or other anti-inflammatory medications for 1-2 weeks before your procedure. Please verify with your primary doctor before stopping anything. For mild headaches Tylenol is recommended.
- You may have some bruising/swelling after the procedure. Arnica Montana tablets for oral and Gel for topical have been shown to decrease swelling and aid healing. You can begin taking Arnica Montana tablets 3 days before your procedure. Follow directions on the bottle.
- Do **INFORM** your provider if you have any history of medication/food allergies, anaphylaxis or any other medical issues at the time of your consultation.
- The ideal time to schedule any aesthetic procedure is at least 3 weeks before your event.

Post-NovaThread Lift Instructions:

- After your treatment **DO NOT** massage areas where the threads are placed unless you are instructed by your provider.
- Treated areas may be slightly red, swollen, mildly irregular and bruised for the first 2-5 days. This will settle out.
- **DO NOT** get a facial or massage in any of the areas treated for at least 2 weeks after your procedure.
- Avoid any strenuous exercise, workouts and alcohol for at least 72 hours post procedure.
- Do massage any small treated area **ONLY** if our provider instructs you to do so and only if there is an irregularity. Call us before you decide to massage any area for approval.
- If bruising occurs continue to take Arnica Montana tablets orally and use topical Arnica Montana Gel, eat fresh pineapple and/or take Bromelain this will aid in dissolving bruising faster.
- Depending on the area treated, if the treated area is around the mouth **NO dental** services for at least **3 WEEKS** post procedure.
- Do call the office with any questions or concerns.

If you have any questions or concerns please contact us immediately.

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