



LA BOUSSOLE

PDO THREAD LIFT PATIENT RECOMMENDATIONS & FREQUENTLY ASKED QUESTIONS

Before the procedure:

- Try to avoid or reduce caffeine and nicotine prior to your procedure.
- Take Arnica tablets for 3 days before and continuing for 7 days after your procedure to help minimise bruising and swelling.
- Avoid Vitamin E, Fish oil, and green tea for 10 days before and after the surgery.
- DO NOT take Aspirin, blood thinners, or anti-inflammatories for 2-3 weeks before the procedure. If you are on anti-inflammatories, please inform the Doctor.
- Do not drink alcohol for 48 hours pre- and post-surgery.
- If you are taking anti-coagulant or blood platelet anti-aggregation drugs, please advise your provider.
- If you suffer from cold sores, please discuss this with your provider. You may need to take anti-viral therapy for 3 days before and after surgery.
- Smokers tend to heal a little slower than non-smokers. You may be recommended Vitamin C.
- Let your provider know if you have any infections or are on antibiotics.

After the procedure:

- It is not required, but because people experience different reactions to the procedure, please organize someone to drive you home.
- For the first 48 hours after the procedure, apply cold compresses on the areas treated. Remember, no pressure is to be exerted on the face. The compresses should only be placed gently on the areas where the threads have been implanted.
- Immediately after the procedure, and for at least 24 hours after the procedure, reduce 'frequent speaking' and 'excessive laughter'. This can help with decreasing discomfort.
- Elevate the treated area when sleeping. Use extra pillows and support, and sleep on your back for 7 days. Do not sleep with pressure on your face.
- Antibiotic therapy may be needed post-surgery. Your provider will prescribe an appropriate antibiotic for you as needed.
- It is recommended that you consume soft, warm food for a few days if you are experiencing mouth discomfort.
- Drink plenty of fluids. Avoid very hot drinks.
- **DO NOT** pull your face down.
- **DO NOT** raise your eyebrows or smile.
- **No** smoking if possible.
- Do not use heavy make up for 3 days.
- No strenuous exercise or non-aerobics exercise for at least 3 days. Light exercise (e.g., walking) is OK, but if you have any doubt, please discuss with your La Boussole healthcare professional.
- It is normal to experience some swelling, bruising, and slight discomfort. There may be a feeling of tightness, pulling, and tenderness, this can last a few days to a few weeks after the procedure.



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Immediately phone La Boussole Medical Spa & Wellness Center at 417-434-4449 if you experience the following:

- **Bump appears on your face (where the thread was trimmed).**
- **If you suspect infection.**

After care:

- Wash your face very carefully with a gentle cleanser for 3-4 days. Avoid rubbing, scrubbing, or using aggressive movement on your face.
- You may commence showering or bathing the day after your procedure, taking care not to stretch the face or neck.
- Avoid facials, waxing and massage for 3 weeks.

Follow-up appointments:

- Your first follow-up appointment will be in 1 week post procedure.
- Your second follow-up appointment will be determined by your provider based on your treatment and healing.
- You may be required to make further follow-up appointments. Your provider will advise you when these appointments should be.
- Please ensure that the clinic has the correct telephone numbers so that we can contact you regarding your treatment.
- **If you have any concerns or questions, please contact us at 417-434-4449.**