



Precare & Postcare
Thread Lift Procedure

Thread Lift

treatment

Dolce Vida Medical Spa

PRECARE THREAD LIFT

01

No Alcohol or Smoking

Refrain from drinking alcohol or smoking for 24–48 hours prior, as these increase bruising and slow healing.

02

Skip Harsh Skincare

Avoid retinoids, exfoliants, acids, or chemical peels for 3 days before treatment to reduce skin sensitivity.

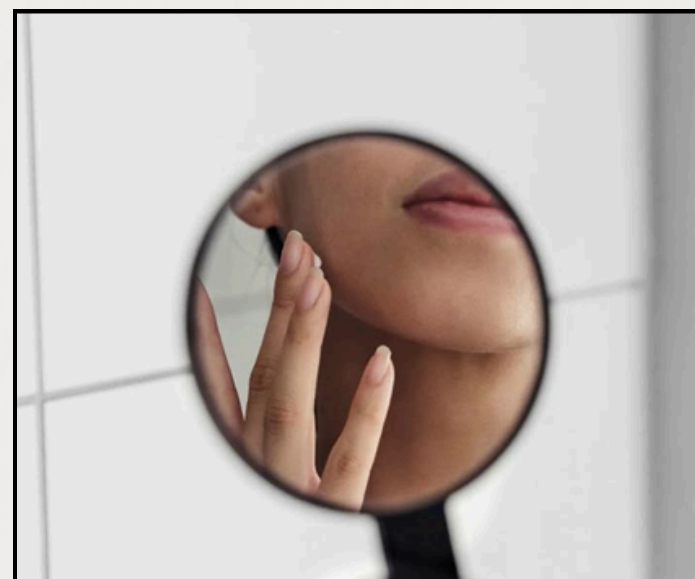
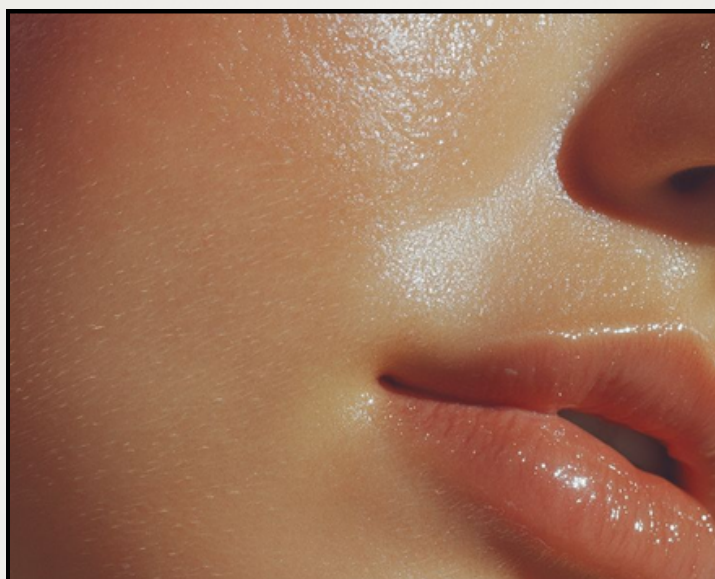
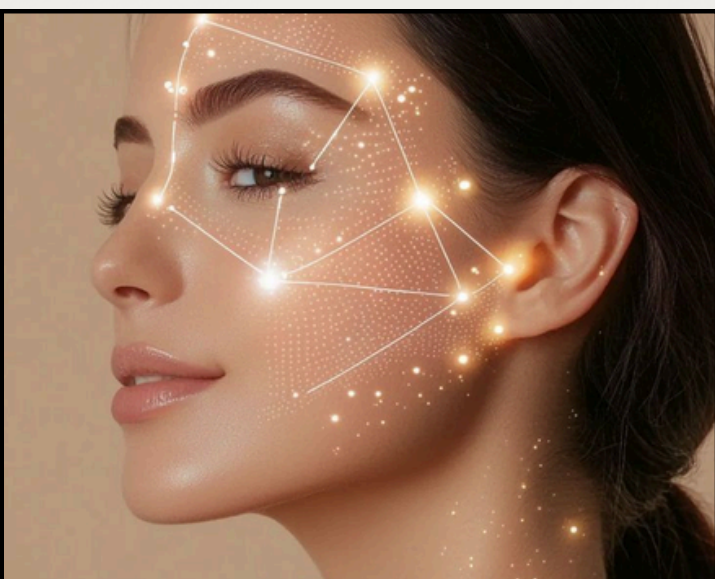
03

Arrive with Clean Skin:

Come to your appointment with no makeup, lotion, perfume, or deodorant on the treatment area.

04

Avoid anti-inflammatory/blood thinning medications for one week prior to injection, Medications and supplements such as aspirin, fish oil, vitamin E, ibuprofen, and other NSAIDS, all thin the blood and can increase bruising/swelling after injections.



POSTCARE THREAD LIFT

01

Swelling and pain may occur at insertion sites. Overall swelling and pain may last 1-2 weeks post treatment.

02

Ice for the first 24-48 hours as needed. Call the office with questions or concerns.

03

If pain occurs, Tylenol is recommended as needed. Avoid Advil/Motrin as it increases bruising.

04

After 48 hours, you may apply hot compresses to decrease swelling.

05

You may gently massage up and outward as tolerated.

06

Popping and clicking of the threads is normal as the threads settle into place.

