



Recommended Care for NovaThreads

Before Your Treatment

■ Avoid alcohol, ibuprofen, aspirin, Ginko, Vitamin E and any anti-inflammatory medications ten days prior to your treatment as insertion sites may bleed.

After Your Treatment

■ Effects should be noticeable immediately after treatment. However, maximum effect will occur in 4-6 weeks.

■ Bruising and swelling is normal and expected. If bruising is visible you can take oral Arnica or apply topical Arnica gel to areas that are discolored.

■ Asymmetry and irregularity of the tissue is common and will typically resolve in one to two weeks

■ Pain at the insertion points is normal and may last several days after treatment. Please consult your provider for any pain beyond 2 weeks.

■ Oral antihistamines like Zyrtec or Benadryl as well as histamine blockers like Zantac, Prilosec, or Tagamet increase the rate of healing time and decrease swelling.

Avoid

■ Excessive movement or animation of the area injected for 2 weeks.

■ Massage or manipulation of the tissue for 2 weeks.

■ Aesthetic treatments including RF, IPL, Laser, or Microneedling for 4 weeks.

■ Strenuous exercise for 1 week after facial treatments and 2 weeks after body treatments. No deep squats for one month if you have had any threads injected into the buttocks area.

■ Steam rooms, saunas, hot tubs, or any water source that could be unclean or excessive in temperature for two weeks.

■ Taking Ibuprofen for 2 weeks. Acetaminophen may be taken instead, if needed.

Contact us if ANY of the Following Occur

■ If any of the threads are exposed or start to extrude.

■ If you develop a reddened, hard, painful nodule over one or more of the threads.

■ If you experience increased redness, swelling, or pain at the insertion site.

■ Irregularity or visible ridges (buckling) of threads 2 weeks post-treatment.

■ If you have any questions regarding your treatment.

■ Additional instructions: _____
