



TUAN A. TRAN M.D., M.B.A, F.A.C.S.

Diplomate American Board of Plastic Surgery, Diplomate American Board of Surgery

General Surgery, Reconstructive Surgery, Aesthetic Surgery, Plastic and Hand Surgery

Thread Lift Post-Operative Care

After the Procedure

Apply SPF30 + and avoid direct sunlight & tanning machines in order to prevent Post Inflammatory Hyperpigmentation (PIH). Gently wash the treated areas on the same day but do not rub or massage the face for 2 weeks. Do not open mouth too wide for 3-4 weeks (avoid dental treatment for 2 weeks if possible)

Medication

A stinging or “pulling” pain or discomfort is normal. Take Tylenol 500 mg 1-2 tablets every 6 hours as directed. Avoid taking any anti-inflammatory medication such as Naproxen or Ibuprofen, because inflammation is necessary to initiate the new collagen formation process. Ibuprofen and similar medications will suppress this process.

- Avoid alcohol and anti-coagulant medicines (aspirin, unless prescribed for medical indications) for 7 days.
- Avoid blood ‘thinning’ vitamins C, A & E for 7 days.
- Avoid temperature extremes such as sauna or very cold climate for 10 days.
- Avoid physical exercise for 7 days post procedure.
- Avoid having Radio Frequency (RF) or any heat producing device (laser, IPL, etc.) treatments of the thread treated areas for at least 10 weeks.
- Anti-inflammatory medication may be taken after 7 days.
- Patient must finish the course of antibiotics if prescribed as part of the treatment protocol.

Discomfort

Stinging or “pulling” pain discomfort will subside over a 2-week period. Scratchy sensation is normal; this will subside over a 2-week period. Overall, stinging, “pulling”, and scratchy sensations will all disappear by week 5.

Follow-up

- At your pre-operative appointment, our office staff will schedule a follow-up appointment for you 7 days following your procedure.
- Combination with other procedures from 7 days onwards maybe a good option to discuss with your plastic surgeon: Platelet Rich Plasma, Radiofrequency micro-needling, Botox, fillers, and many more.
- Follow up photography at 1-month post treatment. Note: treatment of untreated areas may be initiated at any time.
- End-point follow-up appointment at 3 months post procedure.

Possible Problems/Emergency

If you develop any symptoms such as fevers with temperature greater than 101.5 F, chills, persistent nausea and vomiting, inability to urinate, severe pain not controlled with medications, pus drainage from the wound



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site, or for any acute problems or illnesses, please contact our office at 714-839-8000 between the hours of 9AM-6PM on Monday-Thursday and 9AM-1PM on Friday; or you may reach us at 714-860-3588 after hours.

If you are unable to reach your surgeon or a member of his staff, go to the Emergency Room closest to you.

References:

Procerus Skin Care. (2019). *PDO: Thread lift.* Retrieved from <https://procerusskincare.com/our-treatments/pdo-thread-lifting/>