



**HEARTLAND AESTHETICA**  
CURATED BEAUTY

10111 E. 21<sup>st</sup> St. Suite 305  
Wichita, KS 67206  
316-777-6393

**Threading**



***Pre-Thread lift***

- It is ideal to schedule this procedure 3 weeks prior to any events.
- If you have a history of medication allergies, anaphylaxis, or any other medical problems, please inform your provider.
- You may have some bruising or swelling after this procedure. Over the counter Arnica supplements have been shown to decrease swelling. You may begin taking them 3 days prior treatment.
- 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 prior if okay with your primary care physician as they can increase the risk of bruising.
- You may take Tylenol for mild pain or headaches.



***Post- Thread***

- DO NOT massage areas where the threads are placed unless instructed.
- Treated areas may be slightly red, swollen, slightly irregular and bruised for the first 2-5 days and will decrease.
- DO NOT get a facial or a massage in treated areas for 2 weeks after your procedure.
- AVOID strenuous workouts and alcohol for 24 hours.
- If bruising occurs, you may continue Arnica supplements or apply topical Arnica gel, drink fresh pineapple juice, and/or take Bromelain supplements to help bruising resolve faster.
- DO NOT undergo dental procedures for 3 to 4 weeks if areas treated were around the mouth.



***When to call the office***

- Please contact the office immediately at 316-777-6393 if you have concerns.