



## **Recovery from a Thread Lift**

A thread lift requires very little recovery time because of its minimally invasive nature, but it is still helpful to have a basic idea of when you can expect to return to normal living. The following list provides an idea, but you should always follow any additional instructions given as each patient's lift is unique to their treatment plan.

### **What should I expect?**

The area treated may feel tight, this is normal. The tightness is caused by swelling, how much soft tissue was lifted and how tight the sutures were placed. This should ease in the next 7-14 days. You may experience some visible swelling and bruising. This can be relieved with ice and rest. You should expect a small amount of discomfort relieved with Tylenol and ice.

### **After Treatment Care for a Thread Lift**

- If your skin tends to swell or bruise, ice the area for 30 minutes 4-5 times a day for the first 5 days.
- Limit aggressive facial motion/or rubbing for at least 24 hours, avoid facial creams or makeup for 24 hours, do not drink with a straw, keep the head elevated (including bending lower than heart-level) at a 45-degree angle for 5-7 days, eat soft foods or drink liquids for 7-10 days, avoid chewing gum for 2 weeks, avoid heavy exertion for 2-3 weeks and avoid pulling down on face or massaging it for 3 weeks.
- Try and avoid sleeping on your side or face for up to 7 days.

### **When Can I Start Working Again?**

Usually, you should expect to return to work within 1 day of treatment, but that can vary from job to job. A job that doesn't require a lot of activity could be resumed in 1-2 days. A more

strenuous job or a job that requires a lot of movement and activity, such personal training may require more time off.



### **When Can I Shower?**

You should refrain from washing, wetting and touching your face or the treated area for at 12 hours after your procedure. Once you do start showering and cleansing the area, be careful not to massage or scrub with a washcloth for 1-2 weeks after your thread lift.

### **When Can I Resume My Regular Skin Care Routine?**

You can gently resume a basic wash, dry, lotion routine about 48 hours after your thread lift, but avoid any type of scrubbing, tugging or exfoliation, and check with your medical team before applying any prescription strength creams or topical medications.

### **When Can I Exercise Again?**

You can resume light forms of exercise, such as walking within 24-48 hours. Be cautious not to strain the area. Strenuous activity such as weightlifting or running should be avoided until after your follow up apt. Yoga, which requires your head to be below your heart, should be avoided for 7 days.

### **What to watch for:**

A small amount of bruising, swelling and/or pain is normal for the next 48-72 hours. If your pain persists or increases over the next few days, please let us know. If you notice any drainage from the site, thread migration (puckering), or the site becomes hot or red, you develop a fever, or feel unwell text or call us immediately.

**On-call medical team can be reached anytime at 403-763-3464. For non-emergency calls please call the clinic at 403-475-4025.**