

# THREADING After Care

## Post Procedure Instructions

The facial skin is a delicate area and must be handled with care, preferably always but more importantly after any procedure, especially during the initial healing phase (2-3 days). It may take a few treatments before you notice improvement of your condition.

The risks and side effects of this treatment are minimal if any, but not limited to irritation, discomfort, swelling, bruising, and redness.

It is very important to follow the post-op care guidelines below:

- A. Apply the home care system recommended by your Physician/ Esthetician.
- B. Apply cold compresses or ice to reduce swelling.
- C. Do not tan. Use a sunscreen with SPF 30 or higher.
- D. Avoid swimming, Sunbaths, Steam or Sauna.
- E. Avoid facial, face massage, endermology, microdermabrasion for 1 month.
- F. Do not touch, scratch, or constantly rub your skin.
- G. Do not overstretch skin in treatment area by taking large bites (e.g. apples, crusty french breads, etc).
- H. Avoid exercise for 7 days, and alcohol for 3 days after treatment.
- I. Call the office at (818) 502-3636 if you have any questions or concerns.

I understand and agree to follow the above instructions.

Patient's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Interpreter Name: \_\_\_\_\_ Signature: \_\_\_\_\_

(if applicable)