

## **after threadlift sheet**



1. For the first day after the procedure, you cannot talk, smile or move your face significantly.
2. Ice your face liberally for the first day.
3. Also for the first day, please eat only soft food or liquids
4. Please try to sleep on your back for the first two nights.
5. Do not shave in the treated areas for 3 days.
6. You may shower after the first day.
7. When you touch your face for any reason, please do not massage or aggressively manipulate any of the treated areas for 3 weeks. Doing so can lessen your final result or lead to undesired asymmetry (i.e., unevenness between the sides). When you clean your face, gently dab instead of wipe your face. If you have to wipe your face, do so only in upstrokes for the first 3 weeks.
8. Dr. Lam will employ his laser at 5 to 7 days to greatly reduce or eliminate your bruising within 48 hours typically. He waits until 5 to 7 days have gone by so that the bruise is more mature and the laser can work more effectively. There is no extra cost for this service. He typically would like to see you at 1 week to evaluate your result and to treat any bruising as necessary.
9. The final result may take more than 8 weeks to be apparent, so please be patient.
10. If you should have any questions about your condition, please do not hesitate to contact Dr. Lam.