



# POST-TREATMENT RECOMMENDATIONS

*CONGRATULATIONS on reversing the signs of aging with Les Encres Cosmetic Threads!*

Your body will reveal the new you over the next eight to ten (8-10) weeks. For optimal results, it is important that you are diligent in following post care instructions. Keep in mind healing is individualized and the healing time may vary person to person. The healing process, progress, and plateau over the next few weeks will as well.

As always, if you have any questions or concerns contact our office immediately for further evaluation and intervention  
*Please review and sign below indicating you have read and understand your pretreatment protocol recommendations:*

Printed Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Patient: \_\_\_\_\_



## FOR MAXIMUM HEALING AND COMFORT

Acetaminophen (Tylenol) and ice packs are recommended for discomfort.

If you experience fever, redness/streaks radiating from injection sites, puss, foul odor, extreme and sudden, continued pain, or see threads coming out contact \_\_\_\_\_ at \_\_\_\_\_.

Wash face gently without rubbing or massaging for five to seven (5-7) days.

*Please see reverse side for further instructions.*

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## PATIENT NOTATIONS

## WHAT TO EXPECT

- Swelling is normal and to be expected. It is not uncommon for some swelling to come and go throughout your healing process. To reduce swelling and associated discomfort:
  - Use ice packs for 15-30 min at a time, several times per day
  - Sleep with head slightly elevated for three to five (3-5) nights to minimize swelling
- Bruising, and mild discomfort following your treatment is not uncommon. To minimize the after affects:
  - Take the herb Arnica (orally and/or topically) according to packaging directions. Arnica contains natural elements that may reduce swelling, decrease pain, and act as a natural antibiotic.
  - Refrain from taking over-the-counter NSAIDS such as aspirin and Ibuprofen (Motrin) as they can contribute to increased bruising
- Abstain from alcoholic beverages until you are completely healed.
- Dramatic atmospheric changes/weather (extreme weather, high elevation, or flying on airplanes) may increase swelling/bruising during the healing process.
- Lumps, bumps, and puckering tissue may occur along the insertion site. These will dissipate as healing progresses and will resolve completely once healing is complete.
  - Do not manipulate the tissue.

## AVOID THE FOLLOWING

- Refrain from applying make-up for a minimum of twenty-four (24) hours
- Refrain from harsh/abrasive lotions (Retinols, acid based creams C,A) for minimum twenty-four (24) to forty-eight (48) hours
- Excessive or exaggerated chewing motions for three to five (3-5) days
- Avoid drinking through a straw for three to five (3-5) days
- Animated or over-exaggerated facial expressions (wide open mouth, puffing out cheeks, etc) for approximately two (2) weeks
- Excessive face and or neck movements for approximately two (2) weeks (looking back over your shoulder while driving, flexing, and/or pronating) and no facial or neck massages for one month.
- All strenuous exercise and/or sports for two (2) weeks
- No swimming or soaking in lakes, hot tubs, and swimming pools. Baths should be avoided for three (3) weeks.
- Overexposure to sunlight for two (2) weeks.
- All non-medically necessary procedures for three (3) weeks following treatment (dental procedures, surgeries that require general anesthesia to maintain your airway, etc.).

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## SPECIAL CONSIDERATIONS

- If you are prone to severe seasonal allergies, please consult your physician regarding instructions on the use antihistamines.
- If you have previous risk for infection due to conditions such as Herpes Simplex Virus HSV, the use of prophylactic antivirals and/or antibiotics is recommended. If prescribed, take as directed by your physician until FULL course is complete.
- All heat/laser-based procedures to the treated areas should occur prior to treatment or resume six (6) months post thread insertion as extreme heat will dissolve the threads.