

# PRE-TREATMENT RECOMMENDATIONS

*CONGRATULATIONS on your decision to reverse the signs of aging with Les Encres Cosmetic Threads!*

Here are a few things you can do prior to the day of your procedure to optimize your results. As with any medical procedure, it's important to check with your other specialists and/or primary care provider to review discontinuing any current prescription medications. **DO NOT** stop any medications without consulting with your physician prior to doing so.

*Please review and sign below indicating you have read and understand your pretreatment protocol recommendations:*

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

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



## WHAT TO AVOID PRIOR TO PROCEDURE

- Avoid alcoholic beverages for approximately three (3) days prior to your procedure. This will minimize bruising.
- Stop taking Omega-3 and Vitamin E supplements or any other supplements containing them for seven (7) days prior to your procedure.
- Stop taking over the counter NSAIDS and anticoagulants (aspirin, baby aspirin, Motrin, Advil, etc) seven (7) days prior to your procedure.
- Stop taking steroids prior to procedure as they can diminish your optimal result.
- Do not proceed with your procedure if you are currently receiving cancer treatments such as chemotherapy and immunosuppressants.
- Wait for swelling from any previous medical or dental procedures to resolve before beginning your thread treatment.
- Stop the use of all Retinol based products to include those with Vitamin C and A for at least three (3) days prior to procedure.

## FOR MAXIMUM RESULTS

- Notify your Les Encres Cosmetic Thread provider IMMEDIATELY regarding any chronic conditions including but not limited to, but including: Diabetes, Scleroderma, cancer, auto-immune conditions, a history of hypersensitivity/allergic reactions to sutures, or active presence of infection.
- Begin taking prophylactic antiviral and/or antibiotic treatment for viral conditions such as Herpes Simplex Virus (HSV).
- Pretreat any cystic acne prior to thread placement in those specific areas.
- You may take Arnica pre-treatment per package insert instructions to help minimize bruising during treatment if recommended by your physician.
- During your initial consult with your treatment provider, review treatment plan to incorporate neuromodulators such as Botox, if needed two (2) weeks prior to threading procedure to achieve optimal results.
- Review with your provider post thread placement considerations such as waiting a minimum of 6 months before using heat-based laser treatments as heat dissolves threads.