



## POST TREATMENT CARE

Following your treatment with PDO MINT thread lift we recommend you adhere to the following recommendations. This will ensure the results of your treatment are optimal and help avoid unwanted side effects.

It's important to remember that you will notice some immediate lift following your MINT thread lift. However, the skin tissue needs time to settle, and it can take up to 3 months to see the full result.

- A head support strap has been provided for you. It's advised to wear this for as long as possible each day but at least overnight for the first 2 weeks following treatment.
- Elevate the treated area when sleeping by 45 degrees, and sleep on your back – do not sleep with pressure on your face.
- Avoid excessive facial expressions, chewing hard textured food e.g. steak, hard fruit for up to 7 days after treatment.
- Antibiotics may or may not be required after your treatment, be guided by your doctor.
- Please take any prescribed medication only as directed.
- Avoid smoking.
- Avoid high impact exercise for 3 months post treatment. Light exercise (walking, pilates, yoga, weights) is permitted.
- Make up should be avoided for 24 hours post treatment.
- Avoid facial or dental treatment/surgery for 3 months after treatment.
- It is completely normal to experience swelling, bruising and some discomfort after the treatment. If permitted by your doctor, you may take paracetamol or ibuprofen.

## POSSIBLE MINOR SIDE EFFECTS

- Moderate swelling, tenderness, headaches, bruising, 'puckering' of the skin tissue which will settle.
- You may experience excessive lift of the skin tissue and feelings of tightness in the face caused by the MINT threads, this is normal and will settle.

*If you are unwell or concerned about any aspect of your treatment, please don't hesitate to contact the clinic so we may advise and support you.*