Post-Treatment Instructions for Thread Lift

Please follow the instructions below carefully after your thread lift treatment to support proper healing and help maintain your results.

1. Position and Rest

- For the first 48 hours after treatment, it is best to avoid excessive activity and get plenty of rest.
- For up to 1 week after treatment, sleep with your upper body elevated so that your head is positioned higher than your heart. This can help reduce swelling.
- Please sleep on your back with your face facing upward. Avoid sleeping on your side or stomach.

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2. Diet

- For 2–4 weeks after treatment, avoid hard or chewy foods and choose soft foods instead.
- Please avoid excessive facial movements, such as laughing widely or opening your mouth too wide, as this may affect how the threads settle into place.

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3. Swelling and Bruising

- Swelling and bruising may increase during the first 48 hours after treatment, then gradually improve over about 1 week.
- Recovery speed may vary from person to person.
- Apply a gentle cold compress for the first 3 days after treatment. After that, applying a gentle warm compress for about 1 week may help reduce swelling and bruising.

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4. Care of the Treated Area

- Avoid touching or rubbing the treated area with your hands.
- Do not press firmly on the skin or massage the treated area for at least 4 weeks, as this may cause the threads to shift.
- Avoid opening your mouth widely or chewing tough foods, as this may affect how the threads settle.

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5. Face Washing, Showering, and Makeup

- You may wash your face from the day after treatment, but avoid rubbing the treated area strongly.
- Showering and hair washing are allowed from the day of treatment. Please use lukewarm water instead of hot water and wash gently.
- Makeup may be applied from the day after treatment. When cleansing, remove makeup gently without rubbing the treated area.
- Avoid direct sunlight for 3 months after treatment, and apply sunscreen when going outside.
- Avoid saunas and Korean bathhouses/jjimjilbangs for 2–4 weeks after treatment.

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6. Exercise and Daily Activities

- Light daily activities may be resumed from the day after treatment.
- Light exercise is recommended from 1–2 weeks after treatment, while strenuous exercise should be avoided until 3–4 weeks after treatment.

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7. Medication

- Please take your prescribed medication regularly and exactly as directed.
- If you experience any unusual reactions after taking the medication, such as diarrhea or hives, please contact the clinic.
- Avoid aspirin, vitamin E, and similar products for 1 week after treatment, as they may increase the risk of bleeding.

8. Alcohol and Smoking

- Alcohol and smoking may increase the risk of inflammation and delay healing.
- Please avoid alcohol and smoking for at least 2 weeks to 1 month after treatment.

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9. Recovery Process

- A pulling sensation, foreign body sensation, and uneven or bumpy skin texture may occur after treatment. These are part of the normal healing process and usually improve over time.
- You may feel tightness when smiling or speaking, and temporary asymmetry may occur. These symptoms usually become more natural as you heal.
- As the threads settle into place, the skin may temporarily appear puckered or indented. In most cases, this improves within 2–4 weeks.
- The final lifting effect usually appears gradually over 1–2 months.

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10. Emergency Situations

- Please contact the clinic immediately and visit the clinic if you experience sudden severe swelling, pain, heat, or changes in skin color after treatment.
- If a thread becomes exposed or can be felt through the skin, do not try to remove it yourself. Please visit the clinic for proper care.

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