

Miracu PDO Thread Pre and Post Treatment Recommendations

We are excited about your upcoming appointment and are committed to ensuring you have a comfortable and successful experience with us! To help prepare for your visit, we've outlined some important pre and post-treatment instructions.

PRE- CARE TREATMENT RECCOMENDATIONS

- **Aspirin, Vitamin E:** Avoid for 10 days
- **NSAIDS:** Nonsteroidal anti-inflammatory drugs. Avoid for 7 days
- **ALCOHOL:** Avoid for 3 days to reduce the chance of bruising

POST- CARE TREATMENT RECCOMENDATIONS

- **Medications:** Post-Procedure Approved Skin Care Items & Arnica gel: Applied 5-7 day after the treatment if necessary
- **Bathing:** Showering Only. Avoid Baths.
- **Eating:** Avoid eating apples, steak, or anything tough or requiring heavy chewing
- **Activity:** Avoid strenuous activities such as running, jumping, weights etc.
- **Treatments:** Avoid Laser, IPL, RF, and other Energy Treatments for at least 1 month
- **Massages:** Avoid facial massages for at least 1 month.
- **Skincare:** Avoid harsh chemical treatments for 5-7 days after the treatment.

What to Expect After the Treatment

Immediately after a thread lift, it's normal to feel some tightness in your face. This sensation will gradually subside over time. To ensure the best results, avoid opening your mouth wide for at least one month, as this can displace the threads in your cheeks. Additionally, refrain from eating large bites or hard, crunchy foods, as these actions can also risk dislodging the threads.

It is recommended to sleep on your back and avoid sleeping on your face or on your sides.

Looking Forward to seeing you!

Aloha Aesthetics MD