

# Aftercare – Thread Lifting

Congratulations!

You have just undergone thread-lifting from one of Australia's leading expert Cosmetic Physicians. Your procedure has used the highest quality TGA approved threads to lift sagging skin, and restore collagen.

Please refer to the below information to ensure the best outcome and optimal healing.

*What to expect.*

- Your lift will be visible immediately, with results generally improving over 3 months as your body produces collagen.
- Swelling and bruising may occur, and will generally resolve over 1-2 weeks.
- You may feel and hear clicking of the threads. This is normal, and should stop after 2-4 weeks.
- There may be general discomfort, and slight sharp pain intermittently for 2-4 weeks.
- Slight itching around the insertion point may occur as the skin heals.
- Mild puckering and dimpling of the skin around the insertion point that usually resolves over 1-2 weeks.

*What to do.*

- Apply ice and pressure to the treated area at 15 minute intervals for up to 12 hours to reduce swelling and bruising.
- Have a warm (not hot) shower the evening of the procedure, and wash your hair gently to clean the scalp skin.
- Avoid hot temperatures for 7 days to reduce swelling.
- Refrain from strenuous and high-impact exercise for 2 weeks to reduce swelling and prevent a loss of lift.
- Leave any dressings applied in place for 3 days.
- Do not apply makeup to the insertion points for 2 weeks.
- Abstain from alcohol for 48 hours to reduce bruising.
- Sleep upright on 2-3 pillows for 3-5 days to reduce swelling.
- Delay any non-urgent invasive dental procedures for 2 weeks after your procedure to reduce the risk of infection.



**DR. AARON STANES**  
ANTI-AGEING & COSMETIC PHYSICIAN

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When to get in touch.

*If you:*

- Develop worsening pain and swelling.
- Develop hives or other rashes around the treatment site.
- Notice the insertion wounds or skin appears red or inflamed or develop fevers and sweats.
- Have concerns about your treatment.

If you develop any of the below symptoms, please present to your nearest emergency department immediately or call an ambulance.

- Swelling around the eyes or airways.
- Difficulty swallowing, speaking or breathing.

You may be interested in the following treatments that can complement your thread lift:

- [Anti wrinkle injections.](#)
- [NewGenesis™ skin rejuvenation.](#)
- [Jawline slimming.](#)
- [Jawline contouring.](#)
- [Cheek augmentation.](#)
- [Nose fillers.](#)
- [Lip fillers.](#)
- [Dermal fillers.](#)
- [NewStem™ volume and collagen restoration.](#)
- [Fat dissolving.](#)

