



NovaThreads / INSTALIFT Treatment Guidelines

Pre-Treatment Instructions:

- **STOP** taking the following 2 weeks before your procedure:
 - Aspirin and medications containing aspirin, ibuprofen, and anti-inflammatory agents (including Motrin, Advil, Midol)
 - Fish oil
 - Tylenol is ok to take as needed for pain
- Arnica Montana supplements can be taken as directed, beginning a few days prior to the procedure

Post-Treatment Instructions:

- Apply cold packs after procedure
- Tylenol is ok to take as needed for pain
- Refrain from wearing make-up for 24 hours
- Sleep face-up with head elevated for 3-5 nights
- Do not aggressively rub face for 5 days
- No saunas for 3 weeks
- Avoid excessive neck and facial movement for 1 week
- Avoid high impact sports for 1 week
- Avoid direct exposure to sunlight/UV light for 1 week
- Avoid dental surgery
- Avoid facial or face down massages
- Patients may experience minimal acute inflammatory tissue reaction. Symptoms may also include pain, swelling and bruising