

03 / THREAD LIFTING

Thread lifting is a minimally invasive procedure in which medical threads are placed within selected tissue planes to provide mechanical support and, depending on the thread type, stimulate tissue remodeling. Healing varies with technique, thread type, treatment area and individual tissue response.

- Inform the physician about anticoagulants, antiplatelet medication, bleeding disorders, active skin disease, infection, recent dental procedures, previous thread treatments and abnormal scarring.
- Do not stop prescribed medicines without medical advice. Avoid unnecessary alcohol before treatment.
- Keep the treated area clean. Mild swelling, bruising, tenderness and tightness can occur.
- If recommended, sleep on your back with the head slightly elevated. Do not pull, knead, massage or press the area to check thread position.
- For approximately 1–2 weeks, or as directed, avoid strenuous exercise, sauna, steam rooms, strong heat and aggressive facial treatments. Reduce excessive chewing and very wide mouth opening during early healing.
- Attend the planned follow-up. Contact the clinic for increasing redness or warmth, discharge, fever, escalating pain, marked asymmetry or visible/extruding thread material.

DISCLAIMER: These protocols are provided for general information only. Every treatment and aftercare recommendation is individual. Always follow the specific instructions given personally by your treating doctor. This information is not a substitute for an individual medical consultation or medical advice.