

Date _____ Time _____



DISCHARGE INSTRUCTIONS

- **COLD COMPRESSES** may be used immediately after treatment to reduce swelling and alleviate redness, itching, and tenderness. Remember that **NO PRESSURE** is to be exerted on the face during this time. The compress should only be placed gently on the areas where the threads have been implanted.
- **AVOID** touching the treatment areas within six (6) hours following treatment. **DO NOT** massage the injection sites for twenty four (24) following treatment. After twenty four (24) hours have passed, the area can be gently washed.
- Sleep with your **HEAD ELEVATED** and on your back to reduce the amount of swelling. Attempt to sleep on your back for the first seven (7) days if possible.
- You may commence showering the day after your procedure.
- You may apply cosmetics and lotions on the treatment area after five (5) days.
- Sunbathing and cold outdoor activities should be avoided until redness and swelling disappear.
- **DO NOT** drink with straws for seven (7) days post procedure. Also, hold face with your hands if crying, laughing, coughing, or sneezing to avoid excessive use of facial muscles.
- It is recommended that you **CONSUME SOFT FOOD** so that your mouth only opens a small amount for seven (7) days.
- **AVOID** heavy aerobic exercise and alcohol for seven (7) days after treatment. Light exercise (walking) is okay.
- Acetaminophen (**Tylenol**®) can be used for any pain or soreness.
- It is **NORMAL** to experience some swelling, bruising and slight discomfort. There may be a feeling of tightness, pulling, and/or tenderness.
- The skin may appear to have an exaggerated lift with slight puckering of the skin. This will resolve on its own within a two (2) to four (4) week period.
- Please **SCHEDULE A FOLLOW UP APPOINTMENT** or ZOOM call three (3) to five (5) days after your procedure. A second follow-up appointment will be scheduled at two (2) to four (4) weeks.
- Contact Minnie Street Aesthetics **IMMEDIATELY** if you experience any of the following:
 - If you experience a sudden relapse or asymmetry (your face becomes uneven).
 - A bump appears on your face (where the thread was trimmed).
 - If you suspect infection (i.e. increasing warmth, redness at procedure site and/or fever).

Please contact Minnie Street Aesthetics at (507) 254-7072 if you have any questions, concerns, or compliments regarding your treatment.