

## **Novathread® Pre-Treatment Instructions**

### **For 7 days before treatment (to prevent bruising):**

- Avoid blood thinning over-the-counter medications such as aspirin, Motrin, ibuprofen, and Aleve. Also avoid herbal supplements, such as garlic, Vitamin E, Ginkgo Biloba, St. John's Wort, and omega-3 capsules.
- Eat at least 1 cup of fresh pineapple or pineapple juice for 3 days prior to appointment. The enzyme it contains can help prevent bruising and swelling.

## **Novathread® Post-Treatment Instructions**

- Bruising and swelling is normal and expected – if bruising is visible, you can start taking oral Arnica and apply topical Arnica cream to areas that are discolored.
- Asymmetry and irregularity of the tissue is common and will resolve on its own in about 2 weeks.
- Pain at the insertion points is normal and may last several days to 2 weeks after treatment. If pain continues after 2 weeks, please contact Dr. Kaado.
- AVOID Excessive animation of the face for 2 weeks.
- AVOID massage and manipulation of facial tissue for 2 weeks.
- AVOID aesthetic treatments including RF, IPL, laser, and micro-needling for 2 weeks
- AVOID strenuous exercise for 72 hours

Following treatment normal activities may resume per level of comfort. However, no swimming or using hot tubs/whirlpools while redness is present, usually for at least 24-48 hours.

Once you feel comfortable and healed, a normal skin care regimen, including makeup or shaving, can be resumed. Be careful water is not too hot when shaving.

If you have any questions or concerns, about these instructions or the procedure, please contact Kaado MD. Always call Kaado MD promptly if there is any increase in pain or increase in skin redness. Keep all follow up appointments, so Dr. Kaado can access how the treatment is progressing.

**I understand and will follow these post-treatment instructions.**

Client Name (Printed): \_\_\_\_\_

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_