

NovaThreads Aftercare Instructions

NOVATHREADS AFTERCARE INSTRUCTIONS

Thank you for choosing NovaThreads, a minimally invasive treatment that uses absorbable threads to lift, tighten, and rejuvenate the skin. Proper aftercare is essential to ensure healing, maintain results, and minimise complications.

Immediately After Treatment - Normal Reactions: Mild redness, swelling, or bruising at the treatment site is normal. Slight tenderness, itching, or tightness may occur for a few days. Small bumps may be felt along the thread lines; these typically resolve on their own.

Avoid Touching: Do not massage, rub, or manipulate the treated areas immediately after the procedure.

First 24-48 Hours - Activity Restrictions: Avoid strenuous exercise, heavy lifting, or high-impact activity. Sleep on your back with your head slightly elevated if threads were placed in the face or neck.

Skin Care: Avoid applying makeup, creams, or harsh products for the first 24 hours. Keep the treated area clean and dry.

Pain Relief: Take over-the-counter pain relief as advised if needed.

First Week - Physical Activity & Facial Movements: Limit excessive facial movements such as wide yawning, chewing gum, or laughing if threads were placed in the face. Avoid massages, facials, or other cosmetic procedures in the treated area.

Sun Protection: Avoid direct sun exposure and use SPF 30 or higher if the treated area is exposed.

Observation: Mild swelling, bruising, or discomfort may persist for several days. Monitor for any unusual symptoms and report concerns to your provider.

First Month - Long-Term Care: Maintain gentle skincare routines. Avoid excessive pulling, rubbing, or pressure on treated areas. Follow-up appointments may be scheduled to monitor thread placement and results.

Expected Results: Lifting and tightening effects are typically noticeable immediately, with continued improvement over several weeks as collagen forms. Minor irregularities or bumps usually resolve on their own.

When to Contact Us - Contact your provider immediately if you experience: Severe or persistent pain, swelling, or redness. Signs of infection such as pus, warmth, or fever. Thread extrusion or movement of threads under the skin. Allergic reactions including hives, itching, or difficulty breathing. Any other concerning or unusual symptoms.

Long-Term Maintenance: Protect treated areas from sun exposure. Maintain healthy skin habits including hydration, gentle cleansing, and moisturising. Avoid aggressive cosmetic procedures in the treated areas until cleared by your provider.

It is essential that you have read all of the information available. Please let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

ACKNOWLEDGMENT

☐ I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout