



Novathread® Pre-Treatment & Post-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 are 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 are 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.
- 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 skincare 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 Dr. Soleiman on 818-322-0122

If you experience any problematic side effects from your treatment please contact

Dr. Soleiman immediately on 818-322-0122 or email info@cicproviders.com.