



## Mint Lift Aftercare Advice

Please take note of the enclosed information and follow the instructions carefully to ensure successful treatment.

### Post - Treatment

- Patient may go back to everyday life (i.e. driving, eating, walking, etc.) right after the procedure.
- Apply SPF30 or above and avoid direct sunlight and tanning machines in order to prevent post-inflammatory hyperpigmentation (PIH).
- Do not open mouth too wide for 3 - 4 weeks (avoid dental treatment for 3 weeks if possible).
- A stinging or 'pulling' pain or discomfort is normal. Take paracetamol 500mg 1 - 2 tablets every 6 hours if required.

### Avoid

- Avoid taking any anti-inflammatory medication such as Nurofen, because inflammation is necessary to initiate the new collagen formation process. Nurofen and similar medication will suppress this process.
- Avoid washing hair and taking a shower for the next 24 hours after the procedure.
- Avoid drinking or smoking for about 1 - 2 weeks to prevent possible infection.
- Avoid lying down or bending for 4 hours after the procedure to decrease the possibility of the movements of threads.
- It is recommended to sleep lying on your back for the next 3 - 5 days to prevent manoeuvring of threads. Try to avoid lying on your side.
- Skin puckering can happen where the thread is inserted but usually resolves itself within 5-10 days.
- Avoid headstands, yoga, strenuous workouts and exaggerated facial expressions for about 2 - 3 weeks.
- Avoid anti-coagulant medicine (aspirin, unless prescribed for medical indications) for 7 days.
- Avoid blood 'thinning' vitamins C & E for 7 days.
- Avoid temperature extremes such as saunas or very cold climates for 10 days.
- Avoid physical exercise for 7 days post procedure.
- Face may be bound with bandages for 1 - 2 days after the procedure to help with swelling and stability if needed.
- Deep facial massages should be avoided for the next couple months, however laser treatments may be done after a week from the procedure.

Following your aftercare advice instructions reduces the risk of adverse reactions. If you experience any adverse reactions, please contact your clinic immediately.



**laser+skin** CLINICS

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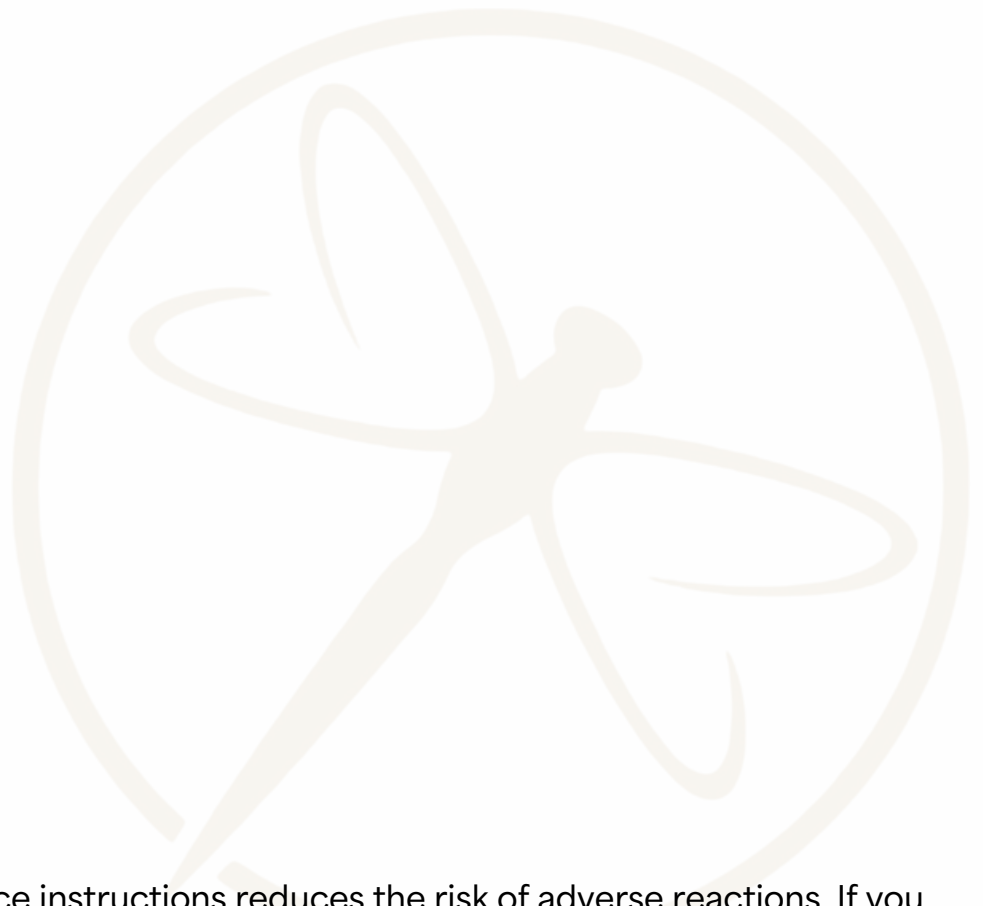
### Side Effects

Possible complications may include infection, swelling, bruising, foreign body reaction in epidermis (granuloma) and protrusion.

### Adverse Reactions

Extremely rarely, temporary facial nerve fall out may occur due to local anaesthetic, swelling, hematoma or pressure of the cannula or thread on the nerve. Your practitioner must be informed immediately if facial nerve fallout is suspected and if your practitioner cannot be reached then go immediately to A&E.

If you start experiencing (or suspect experiencing) any sort of side effect or adverse reaction following the treatment, you should contact the treating physician or the clinic using the contact information.



Following your aftercare advice instructions reduces the risk of adverse reactions. If you experience any adverse reactions, please contact your clinic immediately.