



## **Solid Filler Smoothing and Lifting Thread Treatment**

### **PRE-TREATMENT INSTRUCTIONS**

*A few simple guidelines before your treatment can make a difference between a good result and a fantastic one.*

- Patient should be in good overall health. A full pertinent medical history must be performed on all patients for optimal results.
- If you develop a cold sore, blemish, or rash, etc. in the treatment area prior to your appointment you **must** reschedule.
- If you have a special event or vacation coming up schedule your treatment at least 2 weeks in advance.
- Let us know if you are prone to cold sores – a pre-operative medication may help prevent cold sores after treatment.
- **AVOID:** Alcohol, caffeine, ibuprofen, ginkgo biloba, garlic, flax oil, cod liver oil, vitamin A, vitamin E, fish oil or niacin supplements, or cigarettes 24 hours before your treatment. This is to reduce the incidence of bruising after these procedures.
- Discontinue Retin-A two (2) days before and two (2) days after treatment.
- Take Hyland - Arnica Montana 30x
  - Beginning 3 days prior to treatment take 2 tablets under the tongue 3 times per day (morning, afternoon and evening)
  - Carried by most major drugstores and Amazon



## POST-TREATMENT INSTRUCTIONS

### Results:

- It may take 2 weeks or longer for the treatment effect to be noticeable.
- Bruising and swelling is normal and expected – if bruising is visible, you can apply ice on and off for 10-minute periods for one to two days you may also start taking oral Arnica and apply topical arnica cream.
- Asymmetry and irregularity of the tissues treated is common and should resolve.
- Pain at the injection site(s) is normal – this may last several days or even one week after treatment. You may occasionally also feel stinging sensation as the solid filler threads settle in, this is normal.

### What you need to do:

- If you see any irregularity or puckering of the skin of the treated areas, you may gently massage those areas by gently massaging in circular motions. You may repeat these 3 to 5 times a day.
- If any of the threads are exposed or start to extrude, **please contact Dr. Enzenbacher at 914-325-1664.**
- Avoid exercise for 24 hours.

### When to call:

- If you experience increased redness, swelling, or pain at an injection area.
- If one or more of the threads begin to extrude.
- If you have any questions or concerns regarding your treatment.