



PRE AND POST INSTRUCTIONS MINT™ PDO THREADS

Pre Treatment

- Do not put makeup on when coming for the treatment.
- Have a light breakfast.

Post Treatment

- You may go back to everyday life (i.e. driving, eating, walking, etc.) right after the procedure.
- Swelling may be present after the procedure but the use of ice packs for 30 minutes for a few days will help with swelling.
- Avoid lying down on your back or stomach for 4 hours after the procedure to decrease the possibility of the movements of threads.
- Avoid washing hair and taking a shower for the next 24 hours after the procedure.
- If there are band aids, please leave them on for 24 hours after the procedure.
- Avoid drinking or smoking to prevent possible infection for 1-2 days after treatment.
- It is recommended to sleep on your back to prevent maneuvering of threads for 3-5 days.
- Avoid strenuous workouts, and exaggerated facial expressions for 2-3 weeks.
- Deep facial massages should be avoided for the next couple months, however laser treatments may be done after a week from the procedure.

**We want you to be completely happy with your visit to Eterna!
Call the office with any questions or concerns 253.268.3400 or after hours 661.209.2754.**

**If you are pleased with the service you received today, we invite you to post a review on
Yelp or Google.**