



## Pre-treatment Instructions

- Avoid Alcohol and smoking
- Schedule procedure at least one week prior to a special occasion or event
- Avoid taking anti-inflammatory medication (consult Doctor prior, if necessary)
- Avoid treatment if you have active infections in the treatment area

## Post-treatment Instructions

- Please do not apply oil-based moisturiser or makeup for the next 24 hours. When applying makeup over the next five days, do so gently in the treated area
- Ice may be applied to soothe area of treatment
- Mild bruising and swelling is to be expected and will resolve in a few days
- Please sleep on your back and elevate your head for the first three nights
- Please do not have any facials or face massages for three weeks
- There may be mild tenderness in the treated area for approximately one week
- Avoid strenuous exercise or contact sports for three weeks
- Avoid exaggerated facial movements like chewing, talking or yawning for three weeks
- No dental surgery for four weeks
- Avoid saunas or heat treatments for three weeks
- Results can be expected in 8-12 weeks





## Frequently Asked Questions

### How long until I see results of the Matrix Mono Threads?

You will begin to see results within six weeks of your treatment. These results will continue to improve over the next 2-6 months as new collagen is produced.

### How long do the results last?

Matrix Mono Threads help to create new collagen that supports your face and creates a tightening effect that lasts 6-12 months after your treatment. The results vary depending on lifestyle factors such as smoking, alcohol, exercise etc. It is recommended to have another Matrix Mono Thread treatment six months after the initial treatment to maintain the tightening effects.

### Does the procedure hurt?

Topical anaesthetic will be applied before the Matrix Mono Thread treatment, so you experience minimal discomfort during the procedure. You may experience a firm feeling and some tenderness in the area that has been treated for a few days after the procedure.

### How long does the Matrix Mono Thread treatment take?

The time of the treatment will vary based on factors, such as the size of the area being treated, but will typically take anywhere between 30-60 minutes.

### What is the downtime for this procedure?

A Matrix Mono Thread treatment may produce swelling and bruising in the area that has been treated, which will subside after a few days.

