



DR MONICA SCHEEL  
DERMATOLOGY  
Expert and Personalized Skin Care



**Expert and Personalized Skin Care**

Kailua Kona: (808) 329-1146

Waimea: (808) 885-3376

Hilo: (808) 600-0691

DrMonicaScheel.com

**PRE THREAD CHECKLIST**

- Avoid Blood Thinners, Fish oil, NSAID, Alcohol, Vitamin E, Aspirin at least 10 days prior to procedure
- Avoid Alcohol use at least 3 days prior
- If you have a history of cold sores and we are doing threads around the mouth- please advise your medical provider for medication at the time of your appointment.
- Please Arrive with a “Clean Face” No Make Up is Preferred

**POST THREAD INSTRUCTION**

- Light Ice Recommended for 10 minutes every hour for a few hours following your treatment unless otherwise instructed by provider

**For 30 Days**

- No Clarisonic or Firm washing (Only motions in upwards direction)
- No Big apples, sandwiches, dental work, oral exercising, wide mouth activities.
- No Sleeping on Face, Side sleeping (Recommend Wedge under legs or Travel neck Pillow)
- No CrossFit, boxing, tennis, HIIT “listen to your body”

**For 48 Hours (2 Days)**

- No flying
- No swimming, hot tub, pool, ocean