

When Not To Engage in Threading: The Contra-Indications to Threading

1. If you have any open wound or ulcer on the area to be threaded, do not thread. The damaged area must heal first and then you can proceed with threading.
2. If you have had any recent burns, including sun burns on the area to be threaded, wait for the area to heal. You can worsen the burn which can lead to scarring.
3. Vitiligo-any patient with vitiligo should not engage in waxing or threading. The pulling of the hairs has been linked to increasing vitiligo to areas that were threaded. Please speak with your dermatologist to learn more on an effect called pseudokoebnerization.
4. Warts-any patient with flat warts on the *body* should proceed not engage in threading or waxing. Flat warts are extremely contagious. After an area has been threaded or waxed, there is an increased risk to spreading warts to the threaded or waxed area due to the procedure itself. Treat the warts and then you can proceed with threading.
5. Any recent injectable medications to the area to be threaded such as fillers and Botox. Due to the multiple injections and then the pressure of threading, you have a greater likelihood of developing large bruises to the area threaded.

And that's it! We always want you to know, we recommend threading as the safest way to remove hair. It is also the only natural approach using just a simple cotton thread and no chemicals. Please note that there is absolutely no contraindication to threading if you are pregnant, breast feeding, on Accutane, Retin-A or even going through invasive medical procedures (unless specifically instructed by your physician). In our Advanced Skincare practice, we recommend threading to all of our clients even the ones who are on Retin-A and Accutane. It is the only way to remove facial hair for these patients!! At The Institute for Optimal Health & Advanced Skincare, we want everyone to have the opportunity to look their best and have beautiful eyebrows at all times! If you have more questions or concerns, please feel free to call us at 1.877.642.2644.