



PDO THREAD LIFT POST-CARE

- Apply SPF30 + and avoid direct sunlight & tanning machines in order to prevent post Inflammatory Hyperpigmentation (PIH).
- Gently wash the treated areas on the same day but do not rub or massage the face for 2 weeks.
- Do not open mouth too wide for 3-4 weeks (avoid dental treatment for 2 weeks if possible)
- A stinging or “pulling” pain or discomfort is normal. Take Tylenol 500 mg 1-2 tablets every 6 hours as directed. Avoid taking any anti-inflammatory medication such as Naproxen or Ibuprofen, because inflammation is necessary to initiate the new collagen formation process. Ibuprofen and similar medications will suppress this process.
- Avoid alcohol and anti-coagulant medicines (aspirin, unless prescribed for medical indications) for 7 days.
- Avoid blood ‘thinning’ vitamins C, A & E for 7 days.
- Avoid temperature extremes such as sauna or very cold climate for 10 days.
- Avoid physical exercise for 7 days post procedure.
- Anti-inflammatory medication may be taken after 7 days
- Stinging or “Pulling” pain discomfort is normal, this will subside.
- Scratchy sensation is normal; this will subside.
- Stinging, “Pulling”, scratchy sensations will all disappear by week 5.
- Possible complications may include Infection, swelling, bruising, foreign body reaction in epidermis (granuloma) and protrusion.

RESULTS:

- Effects should be noticeable immediately after treatment however maximum effect will occur in 4-6 weeks.
- Bruising and swelling is normal and expected – if bruising is visible you can start taking oral Arnica and apply topical Arnica cream to areas that are discolored.
- Asymmetry and irregularity of the tissue is common and will resolve on its own in about 2 weeks.
- Pain at the insertion points is normal and may last several days to 2 weeks after treatment. Any pain beyond 2 weeks should be addressed by provider.

(see back side)

AVOID:

- Excessive animation of the face for 2 weeks.
- Massage and manipulation of facial tissue for 2 weeks.
- Aesthetic treatments including RF, IPL, laser, and micro-needling for 10 weeks.
- Avoid strenuous exercise for 72 hours.

WHEN TO CALL:

- If any of the threads are exposed or start to extrude.
- If you develop a reddened, hard, painful nodule over one or more of the threads.
- If you experience increased redness, swelling or pain at the insertion site.
- Irregularity or visible ridges (buckling) of threads 2 weeks post-treatment.
- If you have ANY questions regarding your treatment.