



PDO Thread Lift + Smooth Threads Post Care

WHAT TO AVOID

- Avoid direct sunlight and tanning beds 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 two weeks.
- Do not open your mouth too wide for 3-4 weeks. Avoid dental treatment for 2 weeks if possible.
- Avoid taking any anti-inflammatory medication such as Naproxen or Ibuprofen. Inflammation is necessary to initiate the new collagen formation process. Ibuprofen and similar medications will suppress this process. You can take Ibuprofen after 7 days post procedure.
- Avoid alcohol and anti-coagulant medicines such as aspirin, unless prescribed for medical indications, for 7 days.
- Avoid blood thinning vitamins C, A, and E for 7 days.
- Avoid temperature extremes such as saunas or very cold climates for 10 days.
- Avoid physical exercise for 7 days post procedure.
- Avoid animation of the face for 2 weeks.
- Avoid massages and manipulation of facial tissue for two weeks.
- No aesthetics treatments including radio frequency, IPL, laser treatments, and microneedling for 10 weeks.
- Avoid strenuous exercise for 72 hours.

POST PROCEDURE

- Apply SPF 30+ every 2 hours everyday.
- A stinging or “pulling” pain or discomfort is normal. Take Tylenol, 1-2 500mg tablets every 6 hours as directed. This discomfort should subside by week 5.
- Scratching sensation is normal, this will subside.
- Swelling and bruising is normal, this should subside within a few weeks.
- 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 should resolve on its own in approximately 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 the provider.

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.