



## **PDO Threads**

PDO Threads have been utilized all over medicine for decades and have been found to be highly efficient at strengthening and enhancing the contours of the face, lifting sagging skin, raise eyebrows, enhance symmetry and reducing roundness. PDO stimulates the making of collagen, generating a lifting effect that lasts for 3 years after the procedure. The threads assist in structuring the face, letting organic collagen production occur.

### **Pre-Treatment Instructions**

- Avoid any forms of tanning such as spray tanning for one month prior to treatment.
- Come to procedure clean faced with no makeup or skin products.
- On the day of the procedure, avoid any heavy physical activity, alcohol and complete submersion of the area being treated, such as baths or showers.
- To reduce bruising and swelling, refrain from using Vitamin E, Green Tea, Fish Oil, Aspirin and Non-Steroidal Anti-Inflammatory drugs (Aleve, Naproxen, Advil, Ibuprofen, etc.) until all bruising and swelling has resolved, and halt taking these medications 2 weeks leading up to the procedure. Acetaminophen may be taken instead, if needed. Talk to a physician prior to stopping any medication.
- You may need to arrive an hour prior to your procedure for topical numbing.
- If you have a history of cold sores or the HSV-1 virus, you will be required to take a prescription for an antiviral medication the day prior to your arrangement to prevent an outbreak.
- Vicodin or valium may be taken in our office under these strict regulations:
  - Rx must come from a general practitioner.
  - Medication may only be taken in the office if a staff member is present.

### **Post-Treatment Instructions**

- Avoid aggressive scrubbing, massaging, or rubbing treatment area for at least 2 weeks after procedure.
- To decrease the amount of time for healing and stop the rate of swelling, oral antihistamines such as Zyrtec or Benadryl and histamine blockers such as Zantac or Prilosec.
- The follow-up examination is set for a week after the procedure.
- Applying topical/sublingual arnica may help with bruising/swelling in area. Mild swelling, bruising and pain might last up to 7 days after treatment.
- NSAIDS such as Aspirin or Ibuprofen may be taken if needed.
- Apply ice to treatment site if necessary or desired once a day up to 3 days after procedure.
- No smoking or alcohol for at least 3 days after procedure.

### **Avoid all the following:**

- Excessive pressure to treatment area for about 2 weeks after procedure.
- Massaging tissue in treatment area for 2 weeks after procedure.
- Treatments such as IPL, RF, Laser, and micro-needling for 4 weeks.
- Vigorous exercise for at least 1 week after facial treatments and 2 weeks after body treatments.
- Intense squats for a month if the buttocks area received treatment.
- Any water source that could be unclean or extreme in temperature such as steam rooms, saunas, or hot tubs.
- Putting weight on the treated area for 2 nights following the procedure.
- Opening mouth too wide while yawning or eating for up to 4 weeks to reduce pulling of the threads.

### **Expectations**

- The effect of the procedure should be noticeable soon after, however, maximum results will appear 4-6 weeks after.
- Bruising, swelling, and redness around the treatment area are all normal. If bruising is noticeable after procedure, oral Arnica or topical Arnica can be used to reduce it.
- There is a chance of slight swelling but after a few days, swelling should subside.
- Asymmetry or irregularity of the tissue is normal and will typically resolve itself in 1 or 2 weeks.
- Pain at the insertion point is normal and may last a few days after procedure.
- Pulling, stinging or scratchy sensations are normal occurrences and may last several days after procedure. By the 2<sup>nd</sup> week after treatment, stinging and pulling should decrease then by the 5<sup>th</sup> week, sensations should have disappeared.

### **Contact Office if:**

- Any thread is exposed or protruding from skin.
- A hard, red bump forms over one or more of the threads.
- There is increased redness, swelling or pain at the insertion point.
- There are any visible ridges or irregularities in skin.