



PDO Threads Treatment Instructions

Pre-Treatment Thread Lift Instructions:

- AVOID taking for 1 week before aspirin, non-steroidal anti-inflammatory medications such as ibuprofen, Aleve, Advil, Motrin or supplements such as St. John's Wort, Vitamin E, Fish oil/Omega 3/FlaxSeed oil, ginkgo biloba, garlic pills or Melatonin. These agents may increase bruising and bleeding risk. Tylenol is acceptable.
- Please inform us if you are on any medication, such as blood thinners, that may increase your risk of bruising and/or bleeding.
- You may have some bruising/swelling after the procedure. Over the counter Arnica supplements have been shown to decrease bruising if you want to take them starting 3 days before your treatment. You may start taking oral Arnica 3 days, four times a day before your treatment to minimize risk of swelling and bruising
- DO inform us if you have a history of medication allergies, history of anaphylaxis, and any other medical problems.
- 1 WEEK BEFORE: Avoid any topical skincare products that may irritate your skin such as glycolic acid, salicylic acid or retinoic (retinols) acids.
- If you have any recent skin injection, **active** acne or cold sore in the treatment area, call us to reschedule.
- If you have a history of cold sores which are caused by the Herpes Virus, we will prescribe you Valtrex to begin prior to treatment to prevent cold sores.
- The ideal time to schedule this procedure is at LEAST 3 weeks before a big event.

Post-Treatment Thread Lift Instructions:

To ensure optimal results, avoid unwanted complications, and help prolong the longevity of your treatment and the overall results, it is important that you adhere to the following information.

- Avoid aspirin and NSAIDs (Motrin, Aleve, Advil, Ibuprofen) for 3 days post procedure.
- ARNICA supplements or topical Arnica gel may be used/continued post procedure for bruising.
- Take antihistamine if you are prone to allergies.
- Cortisone tablets may be prescribed if you are prone to excessive swelling.
- Treated areas may be slightly red, swollen, slightly irregular and bruised for the first 2-5 days. This is expected and will settle out. Lumps and/or bumps may temporarily occur at/or along treatment site(s). These will resolve with time and are seldom a cause of concern.
- Asymmetry and irregularity of the tissues treated is **common** post treatment and usually resolves itself.

- Gently apply cold packs after your treatment to help reduce swelling and bruising if needed.
- If you experience severe weather or dramatic atmospheric pressure changes (travel to a geographic location), you may experience greater than normal swelling or complications
- AVOID TOUCHING/PRESSURE/MASSAGE: Please avoid touching the area for 24 hours. Try to avoid direct pressure on your face such as sleeping “face down” for 1 week. No massage or facial treatment to the area for 1 month.
- KEEP AREA “QUIET”: Avoid excessive facial movements such as laughing, yawning, smiling, chewing gum or other excessive facial movements for 2 weeks. DO not drink through a straw. This applies to areas treated on the body as well.
- You may resume exercise at 48 hours but avoid strenuous exercise and high impact sports for 2 weeks.
- AVOID HOT TUBS/SAUNAS/FLOTATION TANKS/STEAM ROOMS/SWIMMING: for 3 weeks
- Avoid alcohol for 24-48 hours if possible.
- WASHING AREA/MAKE-UP/TOPICALS: You may gently wash, shave, dry and/or apply gentle make up. Topical Skin care products should be gentle for 3-5 days (without acids or retinols)
- Keep head elevated for 3 nights after your procedure to avoid excessive swelling if possible
- USE SUNBLOCK SPF 30-50 and Avoid direct sun exposure/UV light for 2 weeks. Sun exposure may increase your risk of hyperpigmentation and irritation to our treatment area.
- Watch for evidence of infection such as increased pain, redness, swelling, irritation, rash, fevers or drainage. If present or If you develop a cold sore or fever blister, please call us immediately.
- ANTI-AGING THERAPIES may be done immediately prior to your Thread Lift procedure, but must wait if performed afterwards.
- Avoid injections/microneedling for 2 weeks following your procedure.
- Avoid lasers and light based heat for 1 month following your procedure.
- Avoid Radio-Frequency treatment for 3 months following your procedure
- Avoid CO2 laser resurfacing for 6 months following the procedure.
- Depending on the areas treated, if around the mouth, DO NOT undergo dental procedures for 3-4 weeks.
- DO call the office if you notice any threads extruding from the skin.

In about 1 week you should be looking your best! The threads will dissolve within 3-5 months and the skin needs 3-6 months to make collagen. Depending on the degree of your skin laxity, you may require more treatments. Optimal results are seen with a combination approach (Dermal fillers, Platelets Rich Plasma, Laser resurfacing, topical medically graded skin care products, Microneedling, Radiofrequency). We can discuss what is the best combination of treatment for you.