

## **PDO THREADS PRE and POST CARE**

### **PRE-CARE**

- Smoking and all kinds of alcohol must be avoided for at least one week before the procedure as they can dehydrate the skin and even affect the anesthetic step. It helps in speeding the recovery process and providing the best treatment results.
- Avoid consuming omega fish oils, vitamin E, chili, ginseng, garlic, krill, and other such supplements at least two days before the treatment. It is best to avoid green and ginger teas as well. Note: please consult with your prescribing physician before discontinuing any prescribed baby aspirin or blood thinners.
- Aspirin-based products, like Naproxen/Naprogenic, Neurofen, and Ibuprofen, must be avoided as they can cause bleeding, unwanted side effects and complications.
- Avoid performing high-intensity exercises and going to a sauna or steam room.
- We will not perform the treatment on sunburnt skin. Please use care when in the sun and in the days prior to your appointment.
- Consider taking arnica for a week before and after the procedure to minimize bruising. The bruising will dissipate over the next 7-14 days depending on your individual healing process. Ask your healthcare provider before starting any supplements.

### **POST CARE**

#### **RIGHT AFTER**

- Ice the treated area for a few minutes for four to five times during the day for the first week if you are experiencing slight bruising or swelling.

- DO NOT touch your entry points for 48 hours. If applying a cool compress, avoid contact with the entry points.
- Restrict facial movements for one day. Make sure to rest for a full day after getting the treatment.
- Take Tylenol (acetaminophen) for any pain. It is best to avoid aspirins and NSAIDS (Advil, Aleve) for two weeks after the treatment to help avoid bruising.
- Avoid applying makeup or facial cream for at least 48 hours.
- Do not wash or touch your face for at least 12 hours.
- Experiencing slight discomfort in the first two days after the procedure is normal, it will gradually reduce.
- It is recommended that you sleep on your back to prevent any swelling. Avoid sleeping on your stomach or side.
- Do not lay down either on your back or on your stomach for 4 hours after the procedure to decrease the possibility of the movements of threads.

## THINGS TO PLAN FOR

- You can move around wherever you want, but don't perform any strenuous activity or heavy lifting, including exercise, for three weeks. Walking is permitted.
- Try keeping your head elevated for a week.
- Avoid consuming alcohol and smoking for two weeks following the procedure.
- You should not drink a beverage with a straw and focus on drinking liquids or consuming soft foods for at least a week.
- Chewing gum should be avoided for at least two weeks.
- Don't pull your facial skin, massage, scrub or exfoliate the skin for at least three weeks.
- Do not get any facial treatments for at least 10 days following the procedure. Avoid facial massage for 2 months.
- It is recommended that you sleep on your back to prevent any swelling. Avoid sleeping on your stomach or side.

- Avoid straining or placing pressure on your face as it may result in thread misalignment.
- Avoid getting any dental treatment for at least two weeks after getting the PDO thread lift.
- Avoid intense heat including sunbathing, saunas, hot tubs, etc for two weeks.
- Avoid exaggerated facial expressions for two weeks.