



## Pre and Post Instructions for PDO Thread Lift

### Pre PDO Thread Lift Procedure

- **Avoid blood thinning** over-the-counter medications such as Aspirin, Motrin, Ibuprofen, and Aleve for 1 week prior. *Please consult your physician if you are taking Aspirin for medical reasons!*
- **Avoid supplements** including St. Johns Wort, ginko biloba, primrose oil, garlic, ginseng, and Vitamin E for 1 week.
- **Avoid topical products** such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, or any "Anti-Aging" products for 3 days prior.
- **Avoid waxing, bleaching, tweezing**, or hair removal cream on the area to be treated for 3 days prior.
- **Do not drink** alcoholic beverages for 24 hours prior to treatment.
- If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another eruption of cold sores. Please let your Provider know if you are prone to cold sores.
- Do not have PDO Thread procedure if you are **pregnant**, are allergic to any ingredients, or suffer from neurological disorders. Please inform us if you have any questions about this prior to your treatment.

### Day of Procedure

- Arrive to the office with a "clean face" - washed and without makeup.
- In order to maximize your comfort during the procedure, a topical anesthetic may be applied. In some cases, a local numbing medication will be injected into or around the area(s) to be treated
- If you are very sensitive to pain or wishes to "take the edge off" we offer Nitronox, aka laughing gas, during treatment. An additional \$50 will be applied.



## Post PDO Thread Lift Instructions

- Swelling may be present after the procedure but the use of ice packs for 30 minutes for a few days will help lessen the swelling.
- Avoid washing hair and taking a shower for the next 24 hours after the procedure.
- Avoid drinking or smoking for about 1-2 weeks to prevent possible infection.
- Avoid drinking alcohol or partaking in strenuous exercise, as it may result in additional bruising.
- Avoid lying down either in a supine nor prone position 4 hours after the procedure to decrease the possibility of displacement of threads.
- It is recommended to sleep in a proper position for the next 3-5 days to prevent maneuvering of threads.
- Until the swelling and redness have resolved, avoid intense heat in the treated area(s). This includes sunbathing, tanning, saunas, hot tubs, or hot wax. Also avoid extreme cold such as skiing or other winter sports.
- Do not have a dental procedure 1 month post procedure (or anything that will require you to stretch and open your jaw and excessive facial expressions) to decrease the possibility of displacement or breakage of threads.
- Deep facial massages should be avoided for the next couple months; however laser treatments may be done after a week from the procedure.
- Radio frequency treatments should be avoided for the next couple of months.
- Patient may go back to everyday life (i.e. driving, eating, walking, etc) right after the procedure.
- Avoid headstands, yoga, strenuous workouts, and exaggerated facial expressions for about 2-3 weeks.
- Face may be bound with bandages for 1-2 days after the procedure to help with swelling and stability if needed.
- You will be given an antibiotic to prevent infection after the procedure. Please finish the entire course. Please inform us of any allergies to medications.
- If you have cold sores, please notify our provider to prevent outbreak after any facial treatment.



I have received a copy of this pre/post instruction sheet. I have a full understanding of the instructions given. To the best of my knowledge, I confirm that I am not currently pregnant and decline to take a pregnancy test.

Patient Full Name: \_\_\_\_\_

Patient Signature: \_\_\_\_\_

Date: \_\_\_\_\_

#### **Additional Info**

- Swelling for \_\_\_\_\_ days. Swelling is common.
- If you notice clumping, contact us for assessment as some of the clumping can be released by our provider.
- Some skin irregularities can be expected and part of the normal process after thread lift procedure. This will resolve after \_\_\_\_\_ weeks. Avoid massaging as these are some of the wanted effects of thread lift and are what is keeping the facial tissue lifted.
- You will see immediate results after thread lift, and your results will improve over time.

If you have any questions about these instructions or the procedure, please contact us at 949-748-3880.