



PDO THREADS

PDO Lifting Threads have tiny barbs that gently anchor the skin, creating an immediate lifting and contouring effect. They're ideal for areas such as the jawline, cheeks, brows, neck, and lower face, helping restore definition and reduce sagging without surgery.

PRE-TREATMENT

- AVOID taking aspirin, Motrin, ibuprofen, Naproxen, Aleve, Vitamin E, Ginkgo Biloba, fish oil, St. John's Wort, garlic pills, or other anti-inflammatory medications for 1-2 weeks if okay with your primary physician. These medications can increase the risk of bruising. For mild pain or headaches Tylenol is preferred.
- DO consider taking over the counter Arnica supplements (available at The Derm Institute, most supplement stores, Whole Foods) starting 3-5 days before your treatment as they have been shown to decrease bruising.
- DO inform your nurse or physician if you have a history of medication allergies, history of anaphylaxis, and any other medical problems.
- The ideal time to schedule this procedure is at LEAST 3-6 weeks before a big event.

POST-TREATMENT

- After the treatment, DO NOT massage areas where the threads are placed unless instructed.
- Treated areas may be slightly red, swollen, slightly irregular and bruised for the first 2-5 days. This will settle out.
- DO NOT get a facial or massage in areas treated for 4 weeks after your procedure.
- DO NOT undergo dental procedures for 3-4 weeks if areas treated were around the mouth.
- AVOID laser, IPL, RF and other energy treatments for 4 weeks.
- AVOID strenuous workouts and active sports for 2-3 days.
- AVOID alcohol for 24 hours if possible.
- AVOID extreme facial movements and baths for 72 hours.
- DO massage small treated areas ONLY if you notice slight puckering or irregularity in an area if instructed by your provider.
- If bruising occurs, continue Arnica supplements or apply topical Arnica gel, drink fresh pineapple juice, and/or take Bromelain supplements to help bruising resolve faster.
- DO call the office if you notice any threads extruding from the skin.