



Hello <PersonalInfo.FirstName>,

Attached please find the pre and post care instructions for your upcoming thread treatment.

### **PDO Thread Lift Pre Treatment Instructions**

- Avoid taking any anti-inflammatory medication (NSAIDs) such as Ibuprofen, Motrin, Aleve or Naproxen for 7 days prior to your treatment. Inflammation is necessary to initiate the new collagen formation process. NSAIDS will suppress this process.
- Avoid alcohol and anticoagulant medication (aspirin or Coumadin unless prescribed for medical indications) for 7 days to prevent or reduce risk of bruising.
- Avoid Vitamins C, A & E, garlic, fish oil, flax seed, ginseng to prevent or reduce risk of bruising.
- No dental work 2 weeks prior to and 2 weeks after thread placement.
- **No vaccinations of any kind** 2 weeks prior to and 2 weeks after thread placement.
- If you have a history of cold sores, you must start taking Valtrex or Acyclovir 3-5 days prior to your treatment.
- If you have an upper respiratory infection, sinus infection, acne break out, an infection of the skin or any other illness at the time of your appointment, your treatment will be rescheduled.
- Do not wear make up on the day of your appointment.

### **PDO Thread Lift Post Treatment Instructions**

#### **RESULTS:**

- Effects should be noticeable immediately after treatment. However, maximum effect will occur in 4-6 weeks.
- Bruising and swelling is normal and expected. If bruising is visible, you can take oral Arnica or apply Arnica gel to areas that are discolored.
- To increase the rate of healing time, and decrease swelling and bruising, you may take oral antihistamine (Zyrtec, Benadryl) and histamine blockers (Zantac, Prilosec, Tagamet).
- Asymmetry and irregularity of the tissue is common and will typically resolve in one to two weeks.
- Pain at the insertion points is normal and may last several days after treatment. Please call us for any pain beyond 2 weeks. You may take Tylenol for discomfort.

**AVOID:**

- Excessive movement or animation of the area injected for two weeks.
- Opening your mouth too wide for 3-4 weeks. Avoid dental treatment for 2 weeks if possible.
- Rubbing or massaging the face for 2 weeks.
- Any anti-inflammatory medication such as Naproxen or Ibuprofen for 2 weeks.
- Alcohol and anti-coagulant medicines (aspirin, unless prescribed for medical indications) for 5-7 days.
- Blood 'thinning' vitamins such as Vitamins A, C & E for 7 days.
- Steam rooms, saunas, hot tub or any water source that could be unclean or excessive temperature for 2 weeks.
- Strenuous exercise for 1 week after facial treatments and 2 weeks after body treatments.
- Aesthetic treatments including RF, FF, Laser or Micro-needling for 4 weeks.

**WHEN TO CALL:**

- If any of the threads are exposed or start to extrude.
- If you develop a reddened hard, painful nodule over one or more of the threads.
- If you experience increased redness, swelling, or pain at the insertion site.
- Irregularity or visible ridges (buckling) of threads 2 weeks post treatment.