



PDO Threads Pre + Post Treatment Instructions

PRE-TREATMENT INSTRUCTIONS

To help minimize bruising and swelling, please avoid the following for 3-7 days prior to treatment unless prescribed by your physician:

- Aspirin, ibuprofen (Advil®, Motrin®), naproxen (Aleve®), and other NSAIDs
- Fish oil, Vitamin E, Ginkgo Biloba, turmeric, garlic, and other blood-thinning supplements
- Excessive alcohol consumption

Additional Recommendations:

- Drink plenty of water prior to your appointment.
- Eat a healthy meal before treatment.
- Arrive with clean skin whenever possible.
- Inform your provider of any illness, skin infection, rash, recent dental work, or changes in your medical history.

POST-TREATMENT INSTRUCTIONS

IMMEDIATE AFTERCARE

- Mild swelling, bruising, tenderness, tightness, and soreness are common and expected.
- Temporary puckering, dimpling, or unevenness may occur and typically improves as healing progresses.
- Apply ice packs as needed during the first 24 hours (10 minutes on, 10 minutes off).

FOR THE FIRST 24-48 HOURS

- Avoid strenuous exercise and excessive sweating.
- Avoid saunas, steam rooms, hot tubs, and prolonged heat exposure.
- Avoid alcohol consumption.
- Avoid excessive facial movements such as wide yawning, aggressive chewing, or dental work.

FOR THE FIRST 1-2 WEEKS

- Sleep on your back with your head elevated whenever possible.
- Avoid facial massages, facials, microneedling, chemical peels, and laser treatments.
- Avoid excessive pressure on the treated areas.
- Use caution when washing your face, applying skincare, or removing makeup.
- Avoid sleeping on your side or stomach if possible.

WHAT TO EXPECT

- Results are often visible immediately due to tissue repositioning.
- Continued improvement occurs over the following weeks as collagen production is stimulated around the threads.
- Mild tenderness or tightness may persist for several weeks.
- Final results are typically evaluated after swelling has resolved.

FOLLOW-UP

- Attend any scheduled follow-up appointments.
- Contact the office if you experience significant swelling, severe pain, skin discoloration, fever, drainage, or any unusual symptoms.

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