



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 topical Arnica gel or Cearna Arnica patches to areas that are discolored.
- Asymmetry and irregularity of the tissue are common and will typically resolve in 1-2 weeks.
- Pain at the insertion points is normal and may last several days after treatment. Please consult your provider for any pain beyond 2 weeks.

AVOID:

- Excessive movement or animation of the area injected for 2 weeks.
- Massage or manipulation of the tissue for 2 weeks.
- Aesthetic treatments including RF, IPL, Laser, or microneedling for 4 weeks.
- Strenuous exercise for 1 week after facial treatments and for 2 weeks after body treatments. No deep squats for one month if you have had any threads injected into the buttocks area.
- Steam rooms, saunas, hot tubs, or any water source that could be unclean or excessive in temperature for 2 weeks.
- Taking Ibuprofen for 2 weeks. Acetaminophen may be taken instead, if needed.

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).
- If you have any questions regarding your treatment.

Please Note: *To increase the rate of healing time and decrease swelling and bruising, your provider may encourage you to take oral antihistamines (Zyrtec, Benadryl) and histamine blockers (Zantac, Prilosec, Tagamet).*