

PDO Threads Pre and Post Care Instructions

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Pre-Instructions for PDO treatments

- Patients are recommended to arrive to their appointment with no makeup. Any make up will need to be removed prior to treatment.
- Patients taking blood thinning medication (including aspirin) should consult with their physician as to whether they can stop for 3 days prior to their treatment.
- Blood thinning medications increase the probability of bruising. Consult your physician prior to stopping any medication.
- Patients should avoid alcohol prior to treatment.

PDO Post-care Instructions

1. Avoid tanning machines and direct sunlight. Apply SPF 30+ sunblock when going outside.
2. You may gently wash the treated area but avoid aggressive rubbing or massaging the face for at least two weeks.
3. Localized pain and swelling (lumps and bumps) are considered normal for the first week after treatment, if these issues persist, please call the office.
4. Avoid opening your mouth widely for up to 4 weeks and reschedule any dental appointments for at least two weeks after your treatment
5. Some stinging or pulling pain and discomfort are normal. If these occurs, they can usually be alleviated with over-the-counter Tylenol 500 mg (1-2 tablets every six hours or as directed). NSAIDs such as Ibuprofen and Naproxen can be alternated with Tylenol to reduce swelling.
6. Avoid drinking alcohol and taking anti-coagulant medicines for 7 days (including aspirin, unless prescribed for medical condition). Also avoid blood thinning vitamins such as A, C and E unless prescribed for a medical condition.
7. Avoid high and low temperature extremes for at least 10 days
8. Take a break from strenuous exercise for at least a week.
9. Sleep on your back if you received face or neck procedures.
10. Avoid RF or heat-producing devices like cosmetic laser treatments, including micro-needling, for at least 10 weeks.
11. If antibiotics were prescribed as part of the treatment protocol, Patient must finish the entire course.