

### **PDO THREADS AFTER CARE**

Effects can be noticeable immediately after treatment. Maximum effect will occur in 4-6 weeks.

Bruising and swelling is normal and expected. If bruising is visible, you can take oral Arnica, 5 tablets 3 times a day for the next 2-3 days. You may also use Arnica gel or cream to help. Asymmetry and irregularity of the tissue is common and will typically resolve in 1-2 weeks. Pain at the insertion points and along the route of the threads is normal and may last several days after treatment. This can be accentuated by prolonged head down activities (like Yoga, gardening, etc).

Apply cold packs immediately after procedure if needed (the ice should be wrapped to avoid direct contact with the skin and insertion points). Sleep face up, elevated on pillows at least 30 degrees, for 3-5 nights.

Your skin will encapsulate the threads over the next few weeks. Then you will start to make your own collagen in response to the material in the threads. This process takes three months. Be patient.

Make a follow up appointment for 6 weeks after your procedure as you may need 1-2 more sessions to achieve the results you desire.

#### **Avoid:**

- Excessive movement or animation of the area injected for 2 weeks. This includes yawning, smiling, chewing, and talking. A soft diet is recommended for 3 days.
- Massage or manipulation of the tissue for 2 weeks.
- Aesthetic treatments including BBL, lasers or microneedling for 4-8 weeks.
- Strenuous exercise for 1 week after facial treatments and 2 weeks after body treatments. No deep squats for 4 weeks if you had threads inserted into the buttocks area.
- Steam rooms, saunas, hot tubs, or any water source that could be unclean or excessive in temperature for 2 weeks.
- Make up over the insertion points for as long as possible; please wait at least 24 hours.
- Sleeping with pets since the insertion points may become infected.
- Dental work for 2 weeks.
- Taking ibuprofen or other NSAIDS for 2 weeks. Acetaminophen may be taken as needed.

Call the office if any of the threads are visible or start to extrude, you develop a red, hard and/or painful nodule over one or more of the threads, you experience increased redness, swelling or pain at the insertion site, there is any irregularity or visible ridges (buckling) of threads 2 weeks post treatment, you have persistent pain after 2 weeks or if you have any questions regarding your treatment.