

PRE-TREATMENT INSTRUCTIONS FOR PDO THREAD LIFT

Always arrive make-up free with a clean face to your appointment.

A few simple guidelines before your treatment can make a difference. If you develop a fever, cold or flu, or develop a cold sore, blemish, or rash, etc. in the area to

be treated prior to your appointment, you must reschedule (we will not treat you).

It is recommended, if you have a special event or vacation coming up that you schedule your treatment at least 2 weeks in advance (we prefer 3-4).

If you are being treated in the lip area and have a history of Herpes (cold sores) with outbreaks more than 4 times a year we recommend that you are pretreated with medication.

Discontinue use of anti-inflammatory drugs (steroidal and non-steroidal) such as: Aspirin, Motrin (or any other Ibuprofen drugs) at least 3 days to 1 week before your treatment. If you are or have been on Systemic use of Corticosteroids (steroids) within 2 weeks of treatment, we cannot treat you.

Consult your physician for approval to discontinue use of steroids and receive treatment.

Arnica supplements prior to (5-7 days) and after any treatment can help to reduce the risk of bruising.

Discontinue use of any other blood thinning agents such as: Vitamin E, Vitamin A, Gingko Biloba, Turmeric, Garlic, Flax Oil, Cod Liver Oil, Essential Fatty Acids (EFA's and DHA's) etc. at least 3 days to 1 week before and after treatment to minimize bruising and bleeding.

It is recommended that you avoid: Alcohol, caffeine, Niacin supplement, spicy foods, and cigarettes 3 days before and after your treatment. (All of these may increase risk of bruising)

POST-TREATMENT INSTRUCTIONS FOR PDO THREAD LIFT

There are minimal restrictions after your thread lift allowing you to return to your daily activities almost immediately.

AVOID Aspirin, Motrin, Ibuprofen, Aleve (all non-steroidal and steroidal anti-inflammatory agents), Ginkgo Biloba, Garlic, Flax Oil, Cod liver Oil, Vitamin A, Tumeric, Vitamin E, or any other essential fatty acids at least 3 days - 1week prior to and after your treatment to help with bruising.

If you experience discomfort or pain you may take Tylenol or other Acetaminophen products

You may apply Ice if you wish to the injected area. Wash you face gently and don't pull, manipulate the areas. Follow the verbal directions of how to massage if needed.

Makeup and lotions are fine. AVOID vigorous exercise, sun and heat exposure for at least 3 days after your treatment AVOID: Alcohol, caffeine, and cigarettes for 3 days before and after your treatment Smokers do not heal well and problems recur earlier and results may take longer. Maintain a healthy diet.

It is normal to experience: Bruising, Redness, Itching, Soreness, and Swelling that may last from 3-10 days following your procedure.

Sometimes the body may "spit or push out" a suture. It is not an allergic reaction. If that happens, just pull it out with tweezers.

Nothing bad will happen, the inflammatory result has already taken place.

Please call our office should you have any questions or concerns regarding your PDO treatment or aftercare.