



Dr. Rachel Dunn-Black, M.D.

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Medical Aesthetics
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PRE-TREATMENT INSTRUCTIONS for MINT PDO Threads

- Please arrive at your appointment with bare, freshly washed face, no jewelry and freshly washed hair with no hair products (hairspray, hair gels, etc.) on your hair as some of the threads may be placed in the hairline.
- No alcohol for 5 days prior to the procedure
- No smoking for 2 weeks prior to the procedure
- Discontinue all blood thinners (aspirin, Plavix, Coumadin, etc.) 5 days prior to the procedure. You must consult with your regular physician before discontinuing any blood thinners
- No dental work for 2 weeks prior to the procedure
- Take oral Arnica 5 tablets 3 times a day beginning 5 days before the procedure
- To minimize bruising avoid fish oil, garlic, ginkgo, NSAIDS (Ibuprofen, Aleve, etc.), Vitamins A and E or any fatty acid supplements 5 days prior
- To minimize swelling avoid niacin, high sodium or high sugar foods or refined carbs for 5 days prior
- Notify the physician if you have a history of cold sores as a prescription will be written if the treatment involves the area around the mouth
- No laser or microneedling procedures, chemical peels or dermal filler treatments within 2 weeks of the procedure

Clarity Medical Spa

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