

PDO Thread Lift: Before and After Care

The PDO thread procedure focuses on lifting your facial features to ensure a naturally younger-looking skin. It reduces wrinkles and fine lines and promotes the production of collagen to add more volume to the treated area.

Thread procedure before and aftercare is very crucial. Here are a few things to consider if you are thinking about getting the treatment.

Before Thread Lift Facial treatment

One week before your procedure:

- Smoking and all kinds of alcohol must be avoided for at least one week before the procedure as they can dehydrate the skin and even affect the anaesthetic step. It helps in speeding the recovery process and providing the best treatment results.
- Avoid consuming omega fish oils, vitamin E, chilli ginseng, garlic, krill, and other such supplements at least two days before the treatment. It is best to avoid green and ginger teas as well.
- Aspirin-based products, like Advil (ibuprofen), Aleve, Naproxen, etc., must be avoided as they can cause bleeding, unwanted side effects and complications.
- Avoid performing high-intensity exercises and going to a sauna or steam room.

After Thread Lift Facial Treatment

To achieve the best possible result from your procedure, follow these instructions carefully:

- When you arrive home, make yourself comfortable and relax for the remainder of the day. Feel free to move around but avoid any heavy lifting or strenuous activity for 2-3 weeks.
- If your stomach is feeling settled, you can start to consume small, soft meals. If you feel nauseous, do not eat solid food, just drink small amounts of clear liquids until the nausea passes. If it continues, call us.
- Apply ice for 20 minutes, 4-5 times a day, for 5 days.
- During the first few days after your procedure, take your pain medication as needed, preferably after eating to avoid nausea. Most patients find pain medication unnecessary after 2-3 days.
- **Do not** touch or wash your face for 12 hours following the procedure.
- Keep facial incisions clean.
- Limit facial motion for 24 hours. Limit talking or extreme expression.
- Apply ice for 20 minutes, 4-5 times a day, for 5 days.
- Eat soft foods or drink liquids for 7-10 days after the procedure.
- Keep your head elevated (45-degree angle) when resting in bed. It is recommended that you sleep on your back to prevent any swelling. Avoid straining or placing pressure on your face as it may result in threads misalignment.
- Avoid getting any dental treatment for at least 3 weeks after getting the PDO thread lift.
- **Do not** chew gum for 2 weeks. **Do not** drink through a straw.
- **No** make-up or facial creams for 48 hours.
- **Do not** massage the face for 3 weeks, especially with a washcloth when cleansing. Do not pull down on your face.
- Bending over or any position which places the head lower than the heart is to be avoided for at least 7 days. Avoid straining.
- One to two days after the procedure, the hair can be washed again using lukewarm water and gentle shampoo.
- Notify your practitioner of any severe swelling in the neck or cheek areas or if the pain becomes severe on one side only.
- **Rest for the first 48 hours.**

If you have any further questions or concerns, please call/text us at 705-522-2252 or email np@lipsnlines.ca

Frequently Asked Questions About PDO Thread Treatment

Here are some commonly asked questions related to PDO thread lift treatment:

How long would it take to recover after the treatment?

This treatment has minimal downtime due to its nonsurgical nature. However, it is best to give it one to two days of recovery or the downtime your practitioner recommends.

Is it okay to return to work immediately after the treatment?

It mostly depends on the nature of your job and the environment you work in. You can return to work within one day to one week after the treatment. The time varies from job to job. If you have a strenuous job or one that requires plenty of activity and movement, for instance, personal training or nursing, then you might need more time before returning to work.

When is it okay to take a shower post-treatment?

It is recommended to avoid touching, wetting, and washing your face for a minimum of 12 hours after the treatment. Even after that, it is best not to scrub or massage the treated area for around three weeks post-treatment.

How long should I wait to resume my daily skincare routine?

Gentle skincare practices, like usual washing, drying and lotioning, can be resumed after 48 hours of the procedure. However, you must avoid exfoliation, tugging, and scrubbing for 3 weeks. It is best to consult your practitioner if you want to apply any topical medications or strength creams.

Can I apply makeup?

You can apply makeup after 48 hours.

How long should I wait to restart my workouts?

Light exercises can be resumed after a week but don't perform any exercises that may strain the treated area. You should consult your practitioner before you resume weightlifting or other heavy exercises. Yoga or other meditation exercises that requires bowing your head below the heart must be avoided for at least a week.

Can I go swimming after the treatment?

You must avoid wetting the affected area for at least 12 hours after the treatment. In the case of swimming, it is best to allow the suture area to heal completely (~3 weeks). The same goes for saunas and hot tubs.

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