

What are PDO threads and how do they work?

PDO Threads are a type of non-invasive and non-surgical cosmetic treatment that helps reverse the visible signs of aging on the face and neck. A thread lift is sometimes called a non-surgical facelift. The primary goal of a PDO thread lift is to lift the skin into a higher, tighter, more youthful position. As it is, a thread lift can treat a variety of age-related skin concerns, such as:

- Lax or sagging skin
- Nasolabial lines
- Expression lines
- Hollowness in the cheeks
- Loose jowls

Thread lifts have two goals for treatment; the first is to physically lift and tighten skin, and the second is to encourage the body's own healing to prolong results. Thread lifts done with polydioxanone accomplish this by first pulling the skin into higher, more taut positions. Once in place, the PDO thread then has chemical reactions within the sub-dermal tissues of your skin to stimulate the body's natural production of collagen, elastin, and hyaluronic acid. Over time, the threads are fully absorbed into the body.

What to expect at your PDO threads appointment

Your treating provider will first cleanse/sterilize the skin. After the skin has been thoroughly cleansed, your skin will be numbed at the insertion site areas. A hollow needle is used to guide the thread into the skin. The thread will gently pull your skin into ideal position to restore a youthful appearance and anchor the thread into the subdermal layers. You will not see the threads once placed as they will be below the skin surface. Results from this treatment are immediate. On the same day as your treatment, you will notice that your skin has fewer fine lines and wrinkles, and you will have a more youthful-looking visage. The results of this treatment will continue to improve as the polydioxanone threads interact with your body's natural regenerative abilities to increase latent amounts of skin-supporting proteins and acids in the skin.

Who cannot receive PDO threads?

Individuals with severe signs of aging, excessive skin laxity, advanced facial lipoatrophy, diabetes or any autoimmune disease. Pregnant and breastfeeding women don't also qualify for the treatment.

Pre-Treatment Instructions:

- Avoid alcohol and smoking 24 hours prior to treatment
- 5-7 days prior to treatment avoid aspirin, ibuprofen, naproxen, other NSAIDs (nonsteroidal anti-inflammatory medications), and the following supplements, St. Johns

Wort, oral vitamin E, aloe, feverfew, garlic, ginseng, ginko biloba, turmeric, white willow, chamomile, fenugreek, red clover, dong quai, evening primrose and saw palmetto. These medications and supplements can promote the risk of increased bleeding or bruising. If you are on any of these medications or supplements under the direction of a medical provider, do NOT stop taking without consulting the prescribing provider.

- If you are currently taking any anticoagulation medications such as Coumadin (warfarin), heparin, Lovenox (enoxaparin), Recludan (lepirudin), Ticlid (ticlopidine), Plavix (clopidogrel), Aggrastat (tirofiban) or Integrillin (eptifibatide), please discuss with your treating provider prior to receiving treatment.
- If you are prone to cold sores, you will need prophylactic treatment prior to treatment. Please discuss this with your treating provider and receive a prescription for prophylaxis prior to treatment

Post Treatment Instructions:

- If you are experiencing mild swelling and/or bruising, you may ice the treated areas for a few minutes 4-5 times daily
- Do not wash or touch your face for 12 hours post treatment
- Restrict facial movements for 24 hours following treatment
- Avoid application of makeup or skincare products for the first two days following treatment (or as directed by your treating provider)
- Do NOT pull at, massage, exfoliate or scrub the skin for 3 weeks following treatment
- Do NOT perform any strenuous activity or heavy lifting for 3 weeks following treatment
- If not allergic, you may take over the counter (OTC) acetaminophen for mild discomfort if needed
- If possible, avoid aspirin and aspirin containing products for 2 weeks post treatment. If you are taking these products under the direction of a medical provider, please follow your prescribing providers instructions regarding resuming these medications
- Try to keep your head elevated for 1 week post procedure
- Treated areas may be slightly red, swollen, slightly irregular and bruised for the first 2-5 days. This will settle out as the treated area heals
- Do NOT get a facial for at least 3 weeks following treatment
- If bruising occurs and you have no allergies, you may take Arnica supplements or apply topical Arnica gel, drink fresh pineapple juice, and/or take Bromelain supplements to help bruising resolve faster
- Depending on the areas treated, if around the mouth, DO NOT undergo dental procedures for 3-4 weeks
- DO call the spa or medical director line if you notice any threads extruding from the skin