

COMMON QUESTIONS:

What are PDO threads? A thread lift is a procedure that uses a dissolvable suture to tighten and reposition the tissue under your skin. It's a less invasive procedure than facelift surgery and can often be performed in under an hour without needing to go under a scalpel.

What are the most common side effects of the treatment? Tenderness with injection and placement, post-procedure pain, swelling, and bruising are the most common symptoms that can accompany the treatment.

See pricing information and consent form for full details.

PRIOR TO YOUR APPOINTMENT :

1. Schedule your session when you have 7-14 days to recover. Work and most activities are allowed, but you may have some visible signs of the treatment.
2. If possible, avoid blood thinners like aspirin or ibuprofen 5-7 days prior to appointment. If taking for medical reasons, do not stop prescription thinners.
3. Drink plenty of water before treatment to ensure skin hydration.
4. If needed and prescription filled, take pre-procedure anti-anxiety medications and pain relievers as directed. Please have a driver bring you to your appointment as you should not drive after taking these medications.

AFTER YOUR APPOINTMENT :

1. You will feel very tender and tight. This is normal.
2. Limit the motion of your facial expressions and movement x 14 days. Do not open your mouth very wide for at least a week. This may seem excessive, but remember, we want your tissue around the threads to heal at the site and begin stimulating collagen. Moving too much during this period may detract from the outcome by stretching the skin over the threads.
3. Do not manipulate, pick at, or push on the treated areas.
4. Cleansing the face gently is ok and applying normal products after the first day. This may be uncomfortable for the first few days and even Gillie just splashed water gently for the first 48 hours.
5. Cool compresses are fine if they help with comfort.
6. Sleep on extra pillows for the first few nights on your back. It will not be comfortable to sleep on your face or side until fully healed.
7. If swelling occurs, take Benadryl at bedtime and Zyrtec or Claritin twice a day. Take a Pepcid at lunch. If severe, call our office and we will send in prednisone and/or antibiotics if needed.
8. Take post treatment pain medications as directed. Once these are gone, it is recommended to rotate acetaminophen and ibuprofen as this provides excellent pain control. Make sure to take these with food. Most people need this about 7 days after treatment.