



## **PDO/PLLA THREAD LIFT TREATMENT:**

### **BEFORE YOUR APPOINTMENT**

- Do NOT use aspirin, motrin, advil, ibuprofen, Vitamin E, ginkgo biloba, fish oil, St. John's Wort, garlic pills, or other anti-inflammatory medications for 1-2 weeks if okay with your PCP as they can increase the risk of bruising. For mild pain or headaches Tylenol is preferred.
- You may have some bruising/swelling after the procedure. Over the counter Arnica supplements (available at most supplement stores, Whole Foods, etc) have been shown to decrease bruising if you want to take them starting 3 days before your treatment.
- Avoid alcohol 1-2 days before your scheduled procedure.
- The ideal time to schedule this procedure is at LEAST 3 weeks before a big event.

### **THE DAY OF YOUR APPOINTMENT**

- If possible, arrive without creams or make-up on the treatment area. Topical numbing cream will be applied to treatment area, please arrive 15-30 minutes early. Cleansing products are available for your convenience.
- Pre-treatment photos will be taken.
- The treatment areas will be wiped with alcohol.

### **AFTER YOUR APPOINTMENT**

- Anesthetic may cause some temporary swelling where injected, but this will clear over a few hours.
- Do not apply pressure to or massage the treatment area.
- Avoid strenuous workouts and alcohol for 24 hours if possible.
- DO NOT get a facial or massage in areas treated for 2 weeks after your procedure.
- Depending on the areas treated, if around the mouth, DO NOT undergo dental procedures for 3-4 weeks.
- For optimal results and to restore collagen loss, we recommend the **Obagi Nu-Derm Complete System** or the **Epionce System with Intense Defense Serum**.

### **WHAT TO EXPECT**

- Treated areas may be slightly red, swollen, slightly irregular and bruised for the first 2-5 days. This will settle out.
- Patients may develop mild bruising and or sensitivity around the injection site. This will resolve within 7-10 days after treatment. Apply cold compresses as desired. If bruising occurs, continue Arnica supplements or apply topical Arnica gel, drink fresh pineapple juice, and/or take Bromelain supplements to help bruising resolve faster.
- Once the initial swelling has decreased, if the overall result is less than the desired correction, please contact our office for immediate follow-up treatment.
- If you experience any prolonged symptoms, or an increase in discomfort or swelling the clinic would like to see you for immediate follow-up.

### **MAXIMIZING BENEFITS OF YOUR TREATMENT**

- Our Skin Care Specialists will review and compose a simple, customized skin care program for you to begin before your treatment as well as once your skin has healed to maintain the desired results. A quality, daily home skin care regime will ensure that you maximize and maintain the benefits of your treatment.

**For any questions or concerns, please call EFC Medspa at (281) 560-3955. In the event of a medical emergency, immediately go to the nearest hospital and/or ER or dial 911.**