

## PDO THREADS PRE-TREATMENT CARE

- Aspirin, Vitamin E, fish oil - avoid for 10 days.
- NSAIDS nonsteroidal anti-inflammatory drugs - avoid for 7 days.
- Alcohol - avoid 3 days prior to procedure.
- Please arrive with a 'clean face' - no makeup!

## Contraindications for PDO thread treatments

- Immune system diseases.
- Pregnancy.
- Coagulation diseases.
- Cutaneous Neurofibromatosis.
- Various acute infectious diseases. (i.e., Influenza, etc.)
- Inflammation of the skin in areas to be treated.
- A non-absorbable implant (Silicone) in the zone of thread insertion.
- Oncology (Chemotherapy).
- Tendency toward Keloid Scarring.
- Bleeding Disorders and some diseases of the blood.
- Neurotic Psychological Disorders.
- Unrealistic expectations.

## **POST-TREATMENT CARE**

- Effects should be noticeable immediately after treatment. However, maximum effect will occur in 4-6weeks.
- Bruising and swelling is normal and expected. If bruising is visible you can take oral Arnica or apply topical Arnica gel to areas that are discolored.
- Asymmetry and irregularity of the tissue are common and will typically resolve in 1-2 weeks.
- Pain at the insertion points is normal and may last several days after treatment. Please consult your provider for any pain beyond 2 weeks.

### Contact me:

- If any of the threads are exposed or start to extrude.
- If you develop a reddened, hard, painful nodule over one or more of the threads.
- If you experience increased redness, swelling, or pain at the insertion site.
- Irregularity or visible ridges (buckling) of threads (2 weeks post-treatment).
- If you have any questions regarding your treatment.

### **PLEASE NOTE:**

To increase the rate of healing time and decrease swelling or bruising, you can consider taking antihistamines (Zyrtec, Benadryl) and histamine blockers (Zantac, Prilosec, Tagamet).