

## PDO Threads Pre & Post Treatment Instructions

### PDO Thread Pre-Care Instructions:

- Avoid alcohol and smoking 24 hours before treatment.
- Avoid Aspirin, Ibuprofen, Advil, St. John's Wort, oral Vitamin E, and non-steroidal anti-inflammatory drugs (NSAIDS) in the 24 hours prior to your treatment as they may promote the risk of bruising and bleeding in the injection area.
- If you are currently taking anti-coagulation medications (Warfarin, Coumadin, Heparin, Lovenox, Enoxaparin, Lepirudin, Refludan, Ticlopidine Ticlid, Clopidogrel, Plavix, Tirofiban, Aggrastat, Eptifibatide, Integrilin), discuss the use of these medications with your healthcare provider prior to your treatment. You may or may not be a candidate for treatment with cosmetic dermal fillers.
- If you are prone to cold sores (oral herpes simplex), take your prescribed medication (Famvir, Famciclovir, Valtrex, Valacyclovir, Acyclovir) as prescribed in the 24 hours prior to your treatment.

### PDO Thread Post-Care Instructions:

- Ice the treated area for a few minutes for four to five times during the day for the first week if you are experiencing slight bruising or swelling.
- Restrict facial movements for one day.
- Avoid applying makeup or facial cream for at least two days.
- Do not pull your skin, massage, scrub or exfoliate the skin for at least three weeks.
- Do not perform any strenuous activity or heavy lifting for three weeks.
- You can take pain medication as required after the procedure.
- If possible, avoid aspirins for the next two weeks after the treatment to prevent side effects from worsening or lingering.
- Try keeping your head elevated for at least a week.
- Sleep on your back to prevent any swelling.
- Avoid straining or placing pressure on your face.
- Do not schedule dental treatments for at least two weeks after getting the PDO thread lift.