

PDO THREADS PRE & POST TREATMENT CARE

Pre Treatment:

- Avoid blood thinners for 7-10 days before surgery.
 - o NSAIDs (Ibuprofen, Naproxen, Excedrin, Aspirin).
 - o Supplements (Vitamin E, Fish Oil, Omega 3s, Turmeric, Gingko Biloba, etc.)
- Avoid alcohol 3 days before surgery
- To decrease risk of bruising, you may take oral Arnica tablets.
- If you have a fever and/or active cold/flu like symptoms, please reschedule your appointment.
- If you have an active infection that requires antibiotics, please reschedule your appointment. You will need to be infection free and finish with your course of antibiotics for at least 5 days.
- If you currently have any inflammation to the treatment area (active inflamed acne, eczema, rash, hives, etc), please reschedule your appointment.
- If you have an autoimmune disease and are currently having a flare up, please reschedule your appointment.
- Please let us know if you have a history of oral cold sores. This may require pretreatment with an antiviral to prevent a breakout.
- Please arrive with a clean face to your appointment. You can apply a serum or moisturizer.

Post Treatment:

- Avoid makeup for 48 hours.
- Avoid baths, swimming, hot tubs, steam rooms/saunas or any other sources of water that may be considered unclean for 2 weeks.
- Avoid strenuous or jarring exercises for 48 hours.
- Avoid excessive movements and animation to the treated areas.
- Avoid massage or manipulation of the treated areas for 2 weeks. Please try to sleep on your back.
- Avoid baths, swimming, hot tubs, steam rooms/saunas or any other sources of water that may be considered unclean for 2 weeks.
- Avoid other aesthetic treatments such as Botox, filler, lasers, microneedling, etc. for 4 weeks.
- You may take Tylenol (acetaminophen) for discomfort
- You may take over-the-counter antihistamine like Claritin, Zyrtec, Allegra, etc. for swelling.

- You may have some bruising; you can apply topical Arnica to the area 48 hours after.
- There may be some asymmetry and irregularity of the skin for up to 3-4 weeks after your treatment.
- Pain at the insertion points is normal and may last up to one week.
- Please call our office if you have the following:
 - If the threads are exposed and start to extrude or visible ridges of threads
 - If you develop a red, hard, painful nodule(s) over one or more over the threads.
 - Pain beyond 2 weeks post treatment.
 - Other questions or concerns

If you have any questions or concerns, please contact our office at 503-699-6464

After Hours: 503-238-8369

