



PDO SMOOTH THREADS

PRE + POST CARE

PRE-TREATMENT CARE:

- If you have a history of medication allergies, anaphylaxis, cold sores or any other medical problems, please inform the treatment provider.
- You may have some bruising, swelling and/or soreness after this procedure. Over the counter arnica supplements have been shown to decrease swelling. You may begin taking them 3 days prior to treatment.
- Do NOT use NSAIDS, Aspirin, Motrin, Fish oil, Vitamin E, ginkgo biloba, St. John's wort, garlic pills, or other anti-inflammatory medications for 1-2 weeks before treatment if ok with your physician as they increase the risk of bruising.
- Avoid alcohol 3 days prior to the procedure.
- If you have a history of cold sores and getting threads placed along or near the lips, please let your treatment provider know so they can ensure you are on Acyclovir prior to treatment, in order to prevent an outbreak.

POST-TREATMENT CARE:

- DO NOT massage areas where the threads are placed unless instructed.
- Treated areas may be slightly red, swollen, slightly irregular and bruised for the first 2-5 days and will decrease over the first 2 weeks.
- DO NOT get a facial or a massage in treated areas for 1 month after your procedure.
- AVOID strenuous workouts or active sports for 2-3 days.
- AVOID alcohol for 24 hours if possible.
- AVOID laser, IPL, RF and other energy treatments for 1 month.
- AVOID extreme facial movements and baths for 72 hours.
- If bruising occurs, you may continue Arnica supplements or apply topical arnica gel, drink fresh pineapple juice, and/or take Bromelain supplements to help bruising resolve faster. Only if not contraindicated by your physician.
- DO NOT undergo dental procedures for 3-4 weeks if areas treated were around the mouth.
- You can massage small treated areas ONLY if you notice slight puckering or irregularity in an area if instructed by your provider.
- PLEASE CALL the office if you notice any threads extruding from the skin.