



Post-Treatment Care PDO Threads

- Gently wash the treated areas on the same day but do not rub or massage the face for 2 weeks.
- Sleep on your back for 2 weeks and avoid any activity that will pull at the threads.
- Some dimpling, bunching and pulling of skin is normal and typically resolves in 2 weeks.
- Do not open your mouth too wide for 3-4 weeks (avoid dental treatment for 2 weeks if possible)
- A stinging or “pulling”, scratchy, "zinging" sensation is normal and can last up to 5 weeks. Take Tylenol 500 mg 1-2 tablets every 6 hours as directed. Avoid taking any anti-inflammatory medication such as Naproxen or Ibuprofen, because inflammation is necessary to initiate the new collagen formation process. Ibuprofen and similar medications will suppress this process.
- Avoid blood ‘thinning’ vitamins C, A & E for 7 days.
- Avoid temperature extremes such as sauna or very cold climate for 10 days.
- Avoid physical exercise for 7 days post procedure.
- Avoid having Radio Frequency (RF) or any heat producing device (laser, IPL, etc.) treatments of the thread treated areas for at least 10 weeks.
- Possible complications may include Infection, swelling, bruising, foreign body reaction in epidermis (granuloma) and protrusion. Extremely rare, temporary facial nerve fall out may occur due to local anesthetic, swelling, hematoma or pressure of the cannula or thread on the nerve.
- Your practitioner **MUST** be informed immediately if facial nerve fall out is experienced and if your practitioner can't be reached then go immediately to the Emergency Department.
- Follow up examination in 2 weeks