

PDO Thread Swelling & Aftercare

What may be normal during healing, how to protect your results, and when to contact your provider.

After PDO lifting or smoothing threads, it is common to notice **swelling, tenderness, bruising, tightness, minor asymmetry, dimpling, or small bumps** during the early healing period. These changes often shift as swelling settles and the treated tissue adapts.

— WHAT YOU MAY NOTICE AFTER PDO THREADS

- ✓ Swelling or puffiness in the treated area
- ✓ Temporary dimpling or puckering of the skin
- ✓ Mild to moderate tenderness
- ✓ Small bumps or areas that feel uneven
- ✓ Bruising
- ✓ Mild asymmetry while swelling settles
- ✓ Tightness or pulling sensations
- ✓ Tenderness when chewing, smiling, or making larger facial movements

How these appear — and how long they last — can vary by patient, treatment area, the number and type of threads placed, and individual healing.

— PROTECT THE AREA WHILE IT HEALS

- ◆ Follow the specific instructions given by your Cosmetiq Medicine provider
- ◆ Avoid pressure directly over treated areas
- ◆ Keep facial movement gentle during the early healing period
- ◆ Postpone strenuous exercise and any activity your provider asked you to pause
- ◆ Do not rub, massage, press, or manipulate treated areas unless specifically instructed
- ◆ Be cautious with facials, facial massage, dental work, or skin devices near new threads until cleared
- ◆ Sleep with your head elevated when recommended
- ◆ Use only medications, compresses, or topical products your provider has recommended or approved

Aftercare can differ by thread type, placement technique, and clinical situation — your provider's instructions always take priority.

— SWELLING, BUMPS OR PUCKERING: WHEN SHOULD YOU BE CONCERNED?

Early swelling and tissue irregularity can make a treated area look or feel uneven before healing progresses.

MAY OCCUR DURING EARLY HEALING

- Swelling
- Mild bruising
- Tenderness
- Tightness
- Temporary dimpling
- Minor unevenness
- Small palpable areas around treatment sites

CONTACT COSMETIQ MEDICINE IF YOU NOTICE

- > Symptoms becoming significantly worse instead of improving
- > Severe or escalating pain
- > Increasing redness, warmth, drainage, or other signs concerning for infection
- > Significant new asymmetry
- > A visible or exposed thread
- > Skin color changes or other unexpected changes
- > Anything unusual, or any time you are unsure about your healing

Do not try to push, dissolve, remove, massage, or reposition a PDO thread yourself.

If you are worried about a bump, dimple, swelling, or thread position, contact Cosmetiq Medicine so the area can be evaluated before attempting home remedies.

Questions About Your Healing?

If something does not look or feel right after your PDO thread treatment, **contact Cosmetiq Medicine**. We would rather evaluate a concern early than have you guess at home.



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