



# PDO Thread Lift and Smoothing

## Pre-Care and Post-Care Instructions

### Pre-Care Instructions

#### 2 WEEKS BEFORE:

- Avoid taking (unless medically necessary) aspirin, non-steroidal anti-inflammatory medications such as ibuprofen, Aleve, Advil, Motrin or supplements such as St. John's Wart, Vitamin E, Fish oil/Omega 3/Flax Seed oil or Melatonin. These agents may increase bruising and bleeding risk. Tylenol is acceptable. Please let Cosmetiq Medicine know if you are on any medication, such as blood thinners, that may increase your risk of bruising and/or bleeding.

#### 1 WEEK BEFORE:

- Avoid any topical skincare products that may irritate your skin such as glycolic acid, salicylic acid or retinoic (retinols) acids.
- If you have any recent skin injection, active acne or cold sore in treatment area, please call our offices immediately to reschedule your appointment.
- Start taking oral Arnica 3 days, four times a day before your treatment to minimize risk of swelling and bruising

#### 1 DAY BEFORE:

- Please notify Cosmetiq Medicine or our staff if you have a history of more than 3 facial cold sores a year, as there is a risk that this procedure could cause a recurrence. You can take Valtrex, 2 grams the night before your procedure and another 2 grams 12 hours after the procedure to prevent cold sores 0

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## Post-Care Instructions

### Smoothing and Lifting Threads

Congratulations on your PDO Thread treatment. To ensure optimal results, avoid unwanted complications, and help prolong the longevity of your treatment and the overall results, it is important that you read this information carefully. Please sign that you have read these instructions in their entirety and that you fully understand the need to notify our office immediately if you are experiencing any adverse effects or abnormalities not listed below.

#### **Treatment Results:**

1. Pain, bruising and swelling is normal and to be expected. It should dissipate within 2 weeks
2. Lumps and/or bumps may temporarily occur at/or along treatment site(s). These will resolve with time and are seldom a cause of concern
3. Asymmetry and irregularity of the tissues treated is common post treatment and usually resolves itself.
4. If you experience severe weather or dramatic atmospheric pressure changes in your geographic location, you may experience greater than normal swelling or complications
5. The threads will dissolve within 3-5 months and the skin needs 3-6 months to make collagen.
6. Depending on the degree of your skin laxity, you may require more treatments. Keep in mind, best results are seen with a combination approach (Dermal fillers, Fractionated Micro-needling Radiofrequency, Monotherapy, Platelets Rich Plasma, Laser resurfacing, Topical medically graded skin care products). Ask your provider what is the best combination of treatment for you.

#### **Use Your Diligence**

**ICE:** Gently apply cold packs immediately after your treatment to help reduce swelling and bruising. Acetaminophen (Tylenol) may be taken in case of pain/tenderness. Continue ice as needed for the first day and use warm compression after the first day to promote faster healing. Avoid, if possible, aspirin and NSAIDs (Motrin, Aleve, Advil, Ibuprofen) for 3 days post procedure.

**ARNICA/ Antihistamine/Cortisone:** Apply Arnica Gel immediately after your procedure as instructed. Continue to take oral Arnica for 5 days after treatment to help dissipate the swelling and bruising faster. Do not massage the area for 1 month. Take antihistamine if you are prone to allergy. Take cortisone tablets as prescribed by the provider if you are prone to excessive swelling

**AVOID TOUCHING/PRESSURE/MASSAGE:** Please avoid touching the area for 24 hours. Try to avoid direct pressure on your face such as sleeping "face down" for 1 week. No massage or treatment to the area for 1 month.

**KEEP AREA "QUIET":** Avoid excessive facial movements such as laughing, yawning, smiling, chewing gum or other excessive facial movements for 2 weeks. DO not drink through a straw. This applies to areas treated on the body as well. Avoid strenuous exercise and high impact sports for 2 weeks. Avoid dental procedures for 3 weeks.

## Continue --Post-Care Instructions after Smoothing and Lifting Threads

**AVOID HOT TUBS/SAUNAS/FLOTATION TANKS/STEAM ROOMS/SWIMMING:** for 3 weeks

**WASHING AREA/MAKE-UP/TOPICALS:** You may gently wash, shave, dry and/or apply gentle make up after 12 hours, but avoid aggressive scrubbing or rubbing for 1 week. Avoid topical skincare products that contain alcohol or acids or 2-3 days. Please review your skincare regimen with our staff prior to resuming.

**ELEVATE HEAD FOR 3 NIGHTS:** Keep head elevated for 3 nights after your procedure to avoid excessive swelling

**USE SUNBLOCK:** Avoid direct sun exposure/UV light for 2 weeks. Sun exposure may increase your risk of hyperpigmentation and irritation to our treatment area. Apply sunblock of at least SPF 30+.

**UNUSUAL SYMPTOMS:** Please do not hesitate to report any worsening or persistent symptoms to our office. Watch for evidence of infection such as increased pain, redness, swelling, irritation, rash, fevers or drainage. If you develop a cold sore or fever blister, please notify our office immediately.

**ANTI-AGING THERAPIES:** These treatments will can be done immediately prior to your Thread Lift procedure, but must wait if performed afterwards.

Avoid injections/microneedling for 2 weeks following your procedure.

Avoid lasers and light based heat for 1 month following your procedure.

Avoid Radio-Frequency treatment for 3 months following your procedure

Avoid CO2 laser resurfacing for 6 months following procedure.

Contact Cosmetiq Medicine at 503-572-2675 or [cosmetiqmedicine@gmail.com](mailto:cosmetiqmedicine@gmail.com) if you:

1. Experiencing increase redness, swelling, or pain at the injection site.
2. Have one or more threads begins to extrude
3. Have additional questions or concerns that is not listed above regarding your treatment

Patient signature \_\_\_\_\_ Date \_\_\_\_\_

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