



# 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 the treatment area, please call our offices immediately to reschedule your appointment.

#### 1 DAY BEFORE:

- Oral Arnica should be taken to minimize risk of swelling and bruising. Take Arnica the day before your treatment.
- 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 recurrence.

#### DAY OF PROCEDURE:

- Local numbing medication will be used to maximize your comfort during the procedure. Most patients report a mild to moderate stinging sensation with numbing injections. It is important to discuss any sensitivity or allergy to Lidocaine, Novocaine, or Epinephrine with your provider prior to treatment.
- It is normal to experience some mild to moderate tenderness or aching sensation post procedure. You may take Tylenol or use ice packs as needed for comfort.
- Mild to moderate swelling can be expected, which should dissipate within a few days. Ice as needed for the first day and use warm compression after the first day to promote faster healing.
- Expect mild to moderate bruising, which will typically take 7-10 days to resolve.
- Apply arnica gel or ointment immediately after your procedure. Use as needed.

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## Post-Care Instructions

**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. Avoid, if possible, aspirin and NSAIDs (Motrin, Aleve, Advil, Ibuprofen) for 3 days post procedure.

**ARNICA:** 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.

**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. 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.

**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 makeup the next morning, but avoid aggressive scrubbing or rubbing for 1 week. Avoid topical skincare products that contain alcohol or acids or 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.

**USE SUNBLOCK:** Avoid direct sun exposure/UV light for 2 weeks. Sun exposure may increase your risk of hyperpigmentation and irritation to your 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.

**SCHEDULE FOLLOW UP VISIT IN 2 WEEKS:** Please schedule a follow up visit 2 weeks from day of treatment. We want to make sure the threads are in place and there are no complications. Please remember that the Thread Lift procedure may take several months to see full effect. Depending on degree of skin laxity, you may require more treatments. Keep in mind, best results are seen with a combination approach.

**ANTI-AGING THERAPIES:** These treatments can be done immediately prior to your Thread Lift procedure but cannot be performed immediately afterwards as a waiting period is required.

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.

Avoid facials and massage to the area for 1 month following procedure.

\*Following these instructions will not only avoid unwanted complications, but will help to prolong the longevity of your treatment and the overall results.