



## **PDO ThreadLift Pre and Post Instructions**

### **Pre-Thread Lift Instructions:**

- It is ideal to schedule this procedure 3 weeks prior to a big event
- If you have a history of medication allergies, anaphylaxis, or any other medical problems, please inform one of our technicians or physicians
- You may have some bruising or swelling after this procedure. Over the counter Arnica supplements have been shown to decrease swelling. You may begin taking them 3 days prior treatment.
- Do NOT use aspirin, motrin, advil, ibuprofen, Vitamin E, ginkgo biloba, fish oil, St. John's Wort, garlic pills, or other anti-inflammatory medications for 1-2 weeks prior if okay with your primary care physician as they can increase the risk of bruising.
- You may take Tylenol for mild pain or headaches

### **Post-Thread Instructions:**

- 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
- DO NOT get a facial or a massage in treated areas for 2 weeks after your procedure
- AVOID strenuous workouts and alcohol for 24 hours if possible
- 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
- DO NOT undergo dental procedures for 3 to 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
- Your follow up session 1 week post treatment is recommended