

PDO Thread Lift

During your consultation, your provider will first discuss with you your individual treatment plan and the type of results to expect. Prior to the procedure, topical or injectable anesthetic is applied, after which threads are introduced into the skin through a fine needle - into either the skin itself, the muscle, or the subcutaneous fat. The treatment may result in an immediate improvement in appearance, but the lasting results will develop over the following 3 months as the PDO stimulates neocollagenesis, increasing the amount of collagen in and under the skin. The appearance of the skin may be improved in terms of overall texture, becoming thicker, tighter, and firmer.

PDO Thread Lift Pre Treatment

- Please plan your treatment to allow for several days of potential swelling and bruising.
- If you have any history of medical or skin conditions, (including psoriasis, vitiligo, cold sores, shingles, etc.) inform your clinician as this may make PDO threads an unsuitable treatment for you.
- If you have an active cold sore/fever blister, canker sore, shingles you will need to postpone treatment. If you are prone to developing cold sores/fever blisters or shingles, please contact us 1 week before treatment for recommendations.
- If you've started any antibiotics or other medications since your initial visit, please let us know.
- Avoiding Advil, Ibuprofen, Aleve, Aspirin, Motrin, Vitamin E, fish oil, St. John's Wort, and other non-steroidal anti-inflammatory products 5 days prior to treatment is best to decrease your risk of bruising. Do not stop taking any medications that have been prescribed to you without first discussing with your prescribing medical provider.
- Do inform your clinician of all medical conditions, medications you are taking, skin disorders, allergies, history of anaphylaxis, and any other medical problems.
- Avoid drinking alcoholic beverages 48 hours before treatment to reduce risk of bruising.
- Do consider taking over the counter Arnica supplements if not contraindicated with your current medication regimen (available online, at most supplement stores, Whole Foods, etc.) to help reduce the risk of bruising, start taking oral Arnica 7-10 days before treatment. Take as directed on the bottle.
- Women who are pregnant or breastfeeding cannot be treated.
- Patients actively undergoing chemo or radiation treatment cannot be treated. Patient must be in remission 6 months to be treated.

Tylenol® will not increase the chance of bruising and is preferred for the week prior to treatment. To help with possible discomfort, you may take acetaminophen (i.e., Tylenol) one hour prior to your scheduled appointment. Do not take more than 3000mg of acetaminophen/Tylenol in a 24-hour period.



PDO Thread Lift Post Treatment

- Bruising and swelling is normal and expected – if bruising is visible you can start taking oral Arnica and apply topical Arnica cream to areas that are discolored.
- Asymmetry and irregularity of the tissue is common and will resolve on its own in about 2 weeks.
- Pain at the insertion points is normal and may last several days to 2 weeks after treatment. Tylenol can be taken if desired unless you have been otherwise directed by your primary care physician. It is advisable to avoid anti-inflammatories such as Ibuprofen (Advil®, Motrin®) and Naproxen (Aleve®) as they can suppress new collagen formation. Do NOT stop taking any prescription medications without consulting your prescribing physician.
- Do not apply ice or heat to the area for 4 weeks
- Gently wash the treated area as required, but do not rub or massage for 4 weeks
- It is important not to overstretch the treated area (i.e., open the mouth wide or animate excessively) for 4 weeks (avoid dental treatment during this time if possible).
- No exercise (including light exercise) for the first week.
- No strenuous exercise (weightlifting, running) for 2 weeks.
- Avoid tanning beds for at least 4 weeks.
- Do not have facials, facial treatments, microneedling, Radiofrequency, IPL, Laser or other heat treatments near the treated area for 4-6 weeks

WHEN TO CALL:

- If any of the threads are exposed or start to extrude.
- If you develop a reddened, hard, painful nodule over one or more of the threads that persists.
- If you experience increased redness, swelling or pain at the insertion site that persists.
- Irregularity or visible ridges (buckling) of threads 3 weeks post-treatment.
- If you have ANY questions regarding your treatment.