

PDO THREADS POST-TREATMENT INSTRUCTIONS

# Results:

* It may take 2-4 weeks or longer for the treatment effect to be noticeable.
* Bruising and swelling are normal and expected – if bruising is visible you can start taking oral Arnica and apply topical arnica cream.
* Asymmetry and irregularity of the tissues treated are common and should resolve with time.
* Pain at the injection site(s) is normal – this may last several days or even one week after treatment. You may occasionally also feel a stinging sensation as the solid filler threads settle in, this is normal.

# What you need to do:

* If any of the threads are exposed or start to extrude, you can either gently pull on the thread to try to remove it or you may use fine scissors to trim the suture at the skin. If you are uncomfortable performing either of these maneuvers, please contact your treatment provider to have this performed in the office. Always notify your clinician if this occurs regardless of whether you are able to return to the office or not.
* Avoid exercise for 24-48 hours. Avoid high-impact exercise (jumping, running, etc.) for 2 weeks. Low-impact exercise (walking, light strength training, etc.) is okay after initial 24-48 hours.
* Take Tylenol every 6 hours as needed for pain/discomfort. Ice on and off for no more than 20 minutes at a time during the first 24-48 hours.
* No make-up day of the procedure. Try to keep band-aids on for 24 hours, if possible.
* No facials, radiofrequency, laser treatments, microneedling, or aggressive massaging/touching of the face for 4-6 weeks.

# When to call:

* If you experience increased redness, swelling, discharge, or increasing pain at an injection area.
* If one or more of the threads begin to extrude and you are unable or unwilling to remove the thread.
* If you have any questions or concerns regarding your treatment.