

WHAT TO EXPECT AFTER YOUR PDO THREADS TREATMENT

IMMEDIATELY AFTER:

Apply an icepack to treated areas liberally to minimize discomfort, bruising, and swelling. Tylenol or Advil can be taken for pain as needed. Avoid anything that requires wide mouth opening and exaggerated facial movement (e.g. flossing or eating tacos).

FIRST WEEK:

Swelling and pain with exaggerated movement is normal. Occasionally a suture tip can pop out at its insertion point. If this occurs, please feel free to snip it with a pair of cuticle scissors cleaned with alcohol or call our office to come in and have us do it.

WEEKS 2-4:

During this time, swelling and tenderness should resolve. If you notice any abnormalities such as dimples, bumps, or protrusion of threads please call our office. New pain should also be reported as it can be a sign of early infection (even before redness or swelling).

AFTER 1-2 MONTHS:

Your collagen should be beginning to build up around the threads. You may notice improvement in your skin tone and texture as well as a continued "lift" from your body beginning to metabolize the threads. Although your results can persist for 1-2 years, plan on having your next treatment during that time so you can continue to build your collagen "lattice".

AT 6-12 MONTHS:

The threads will be metabolized by your body naturally and the collagen that has grown around them will take the place of the threads.

AFTER 12 MONTHS:

If needed, schedule an appointment to have more threads placed to maintain your results.

You may resume the following activities as directed below:

- Showering: 12 hours
- Resume my skincare routine and apply makeup: 48 hours
- Drink alcohol/smoke: 3 days
- Bathe/swim/sauna: 3 days
- Do light exercise: 1 week
- Resume dental appointments: 1 week
- Receive Botox: 1 week
- Do heavy exercise: 1-2 weeks
- Have dermal fillers: 2 weeks
- Resume facials/massage: 2-4 weeks
- Have radiofrequency/ultrasound/microneedling/laser facial treatments: 3-4 weeks
- Have Kybella injections: 6 weeks

