



## Pre and Post Treatment Instructions

### PDO Thread Lift

\* Please note, the PDO Smooth Threads do not have the same expectations and downtime.

For your safety and in order to obtain optimum results, the instructions below should be followed

- How to Prepare for your PDO Thread Lift:
  - o Do NOT take aspirin, Motrin, Ibuprofen, Naproxen, Aleve, Vitamin E, Gingko Biloba, fish oil, St. John's Wort, garlic pills, or other anti-inflammatory medications for 1-2 weeks if okay with your primary physician. These medications can increase the risk of bruising. For mild pain or headaches Tylenol is preferred.
  - o DO consider taking over the counter Arnica supplements (available at our office and most supplement stores) starting 2 days before your treatment as they have been shown to decrease bruising. Arnica will also help with any swelling.
  - o DO inform your nurse or physician if you have a history of medication allergies, history of anaphylaxis, and any other medical problems
  - o The ideal time to schedule this procedure is at LEAST 2 weeks before a big event. The effects of a PDO Thread Lift will settle into place over a 2-4 week period; however, at two weeks, any swelling or bruising that may occur will have subsided.
- What to Expect After Your PDO Thread Lift:
  - o No high impact exercise / yoga for two weeks.
  - o You may use ice packs on the treated areas to help with swelling and discomfort.
  - o Treated areas may be red, swollen, and bruised for the first 2-7 days.
  - o If bruising occurs, you may continue Arnica supplements, DO apply topical Arnica gel, drink fresh pineapple juice, and/or take Bromelain supplements to help bruising resolve faster.
  - o The skin may appear to have an exaggerated lift with slight puckering of the skin. This will resolve on its own within a two week period.
  - o No laser / IPL / BBL / Radio Frequency treatments for one month.
- Results last on average 8 - 15 months.

**I have read and understand the above. I have had the opportunity to ask any questions and I have received a copy of these instructions.**

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Witness Signature

\_\_\_\_\_  
Date