



# PDO THREADS

**PDO Smooth Threads** are placed beneath the skin to tighten, firm, and improve texture. Smooth PDO threads don't lift, but instead stimulate collagen and elastin production, making them perfect for treating fine lines, creasing, or areas of early laxity such as around the eyes, nasolabial fold, marionettes, lips, neck, and décolletage.

## PRE-TREATMENT

- AVOID taking aspirin, Motrin, ibuprofen, Naproxen, Aleve, Vitamin E, Ginkgo 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.
- DO consider taking over the counter Arnica supplements (available at The Derm Institute, most supplement stores, Whole Foods) starting 3-5 days before your treatment as they have been shown to decrease bruising.
- DO inform your nurse or physician if you have a history of medication allergies, history of anaphylaxis, and any other medical problems.
- DO NOT consume alcohol for the three (3) days prior to your appointment.
- Please notify our office if you have ever been diagnosed with Herpes Simplex Virus (HSV)- You may require prophylactic therapy.
- If you are prone to cold sores (oral herpes simplex), take your prescribed medication (Famvir, Famciclovir, Valtrex, Valacyclovir, Acyclovir) as prescribed in the 24 hours prior to your treatment, the day of, and the day after.
- The ideal time to schedule this procedure is at LEAST 3-6 weeks before a big event.

## POST-TREATMENT

- After the treatment, 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. This will settle out.
- DO NOT get a facial or massage in areas treated for 4 weeks after your procedure.
- DO NOT undergo dental procedures for 3-4 weeks if areas treated were around the mouth.
- AVOID laser, IPL, RF and other energy treatments for 4 weeks.
- AVOID strenuous workouts and active sports for 2-3 days.
- AVOID alcohol for 24 hours if possible.
- AVOID extreme facial movements and baths for 72 hours.
- DO massage small treated areas ONLY if you notice slight puckering or irregularity in an area if instructed by your provider.
- If bruising occurs, continue Arnica supplements or apply topical Arnica gel, drink fresh pineapple juice, and/or take Bromelain supplements to help bruising resolve faster.
- DO call the office if you notice any threads extruding from the skin.