



# PDO THREADS

## PRE AND POST CARE

### POST-TREATMENT CARE:

PDO threads are a minimally invasive procedure to lift and rejuvenate your face. It is a non-surgical procedure and uses absorbable polydioxanone threads in a simple process to also rejuvenate collagen production. As a result, there is no risk of scarring, bleeding, or severe bruising. In addition, since the threads are very small, you will not feel them after the skin has healed. Although thread lifts give you visible results, they create a subtle and natural-look lift. If you have moderate or mild signs of aging skin laxity and are between thirty and fifty, you are a great candidate for PDO thread lifting.

Follow post-care instructions carefully to maintain the best possible results from your PDO thread treatment. If you have any questions or problems not listed here, call GFaceMD, and we will be happy to help.

There is minimal recovery time after a PDO treatment, but post-treatment instructions include:

- Use Tylenol for any post-procedure discomfort
- Place ice very gently on the treated areas in case of bruising. Any stinging, pulling, or itchy sensations decrease in about three weeks.
- Restrict facial movement for the day and make sure to get rest after the treatment
- Do not perform a strenuous activity or heavy lifting for three weeks
- Avoid aspirin for the next two weeks after treatment, but painkillers are okay
- Avoid applying makeup or facial cream for 48 hours
- Do not use straws
- Avoid chewing gum for at least two weeks
- Keep your head elevated for a week
- Avoid pulling at your facial skin, massaging your face, or exfoliating the skin for three weeks
- Avoid swimming, hot tubs, and saunas for up to 30 days after treatment
- Avoid wetting the affected areas for at least 12 hours after treatment.

**Notify GFaceMD at 781-524-3223 if you are experiencing any unusual swelling, redness, or any other problem associated with the PDO Thread procedure.**