

Pre and Post Instructions for PDO THREADS

Pre-Treatment

- Do NOT use aspirin, motrin, advil, ibuprofen, 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 as they can increase the risk of bruising. For mild pain or headaches Tylenol is preferred.
- You may have some bruising/swelling after the procedure. Over the counter Arnica supplements (available at The Well Lounge, most supplement stores, Whole Foods, etc.) have been shown to decrease bruising if you want to take them starting 3 days before your treatment.
- DO inform your nurse or physician if you have a history of medication allergies, history of anaphylaxis, and any other medical problems.
- The ideal time to schedule this procedure is at LEAST 3 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 2 weeks after your procedure.
- Avoid strenuous workouts and alcohol for 24 hours if possible.
- 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.
- Depending on the areas treated, if around the mouth, DO NOT undergo dental procedures for 3-4 weeks.
- DO call the office if you notice any threads extruding from the skin.

Schedule your next session as recommended by your provider. In about 1 week you should be looking your best! We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance. A provider can always be reached after hours for urgent issues.