

Pre and Post Instructions on PDO Threads

PDO (Polydioxanone threads are used as a cosmetic procedure to lift and tighten the skin.

Pre-Instructions

1. **Avoid Blood-Thinning Medications:** Prior to the procedure, it is advisable to avoid medications that thin the blood, such as aspirin, ibuprofen, and certain herbal supplements. These medications can increase the risk of bruising and bleeding during the procedure.
2. **Avoid Alcohol and Smoking:** Refrain from consuming alcohol and smoking for at least 48 hours before the procedure. These substances can increase the risk of complications and delay the healing process.
3. **Skin Preparation:** On the day of the procedure, ensure your skin is clean and free from makeup, lotions, or any other skincare products.

Post-Instructions

1. **Minimize Physical Activity:** Avoid strenuous activities, heavy lifting, and intense exercise for at least 24 hours after the procedure. This helps prevent strain on the treated area and promotes healing.
2. **Avoid Touching or Massaging the Treated Area:** Refrain from touching, rubbing, or massaging the treated area for a specified period, as advised by your provider. This helps prevent the displacement of the threads and promotes their proper integration. However, if you see any irregularities or puckering of the skin in the treated areas, you can gently massage those areas by applying a small amount of moisturizer and massage in a circular motion. You may repeat this 3-5 times per day.
3. **Diet For the First Few Days:** It is advised to eat a softer diet since excessive/exaggerated chewing may cause further pain and tenderness.
4. **Washing Your Skin:** Be gentle when washing your face. Do not apply pressure or maneuver the skin in the treated area for two weeks.
5. **Protect Your Skin:** Protect your skin from excessive sun exposure by wearing a wide-brimmed hat and using sunscreen with a high SPF. This is important to prevent hyperpigmentation and promote healing.
6. **Call with Concerns:** Call the office immediately if your threads become exposed or if you experience redness, swelling, or abnormal pain at the injection site.