

PDO/PLLA (POLYDIOXANONE) (POLY-L LACTIC ACID) THREADS PRE/POST CARE INSTRUCTIONS

PRE-CARE

- It is ideal to schedule this procedure 3 weeks prior to a big event.
- If you have a history of medication allergies, anaphylaxis, or any other medical problems, please inform one of our cosmetic nurse injectors or Ageless Representatives.
- Bruising or swelling after this procedure is expected. If you bruise easily, you should consider taking over-the-counter Bromelain capsules, consume pineapple, or Arnica Tablets to minimize the risk of bruising. You may begin taking the capsules 3-5 days prior to treatment. Please understand the intensity of capillaries in the face and any time a needle enters the skin there is a risk of bruising. We take every precaution to minimize the chance of bruising.
- 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 prior if approved with your primary care physician as they can increase the risk of bruising.
- Alcohol beverages thin the blood and contribute to an increased risk of bruising. We recommend not consuming alcohol 7 days prior to receiving PDO Thread Treatment
- You may take Tylenol for mild discomfort or headaches.

POST CARE

What to expect, post treatment care, and how to increase healing and reduce swelling/bruising, your provider may recommend:

- AVOID strenuous workouts and alcohol for 24 hours if possible.
- **Sleep on your back** with your head elevated for the first 3 days (we recommend approximately a 30-degree angle) and continue to sleep on your back for the first week or so.
- **Apply** bacitracin or antibacterial ointment several times a day to the injection sites for the first 24 hours after receiving treatment.
- If bruising occurs, you may continue Arnica supplements or apply topical Arnica gel, drink fresh pineapple juice, and/or take Bromelain supplements to help bruising resolve faster.
- If bruised, applying a warm compress to the bruised area may help break up any bruising that may occur.
- Please call the office if you notice any threads extruding from the skin.
- Slight asymmetry and raised areas from inflammation are possible and normal and will resolve over the next 4-6 weeks.
- Wear sunscreen with a power of SPF 30 daily.
- Treated areas may be slightly red, swollen, slightly irregular and bruised for the first 2-5 days and will decrease.
- **DO NOT** wash your hair for 48 hours after receiving PDO Thread treatments.
- **DO NOT** apply any makeup on the treated areas for 48 hours as make-up brushes and sponges can harbor bacteria.
- **DO NOT** Shave that area treated for 1 week after treatment.
- Nerve irritation (aka zingers) in the area is possible and normal for 4-6 weeks but does not occur in all patients.
- **DO NOT** massage areas where the threads are placed unless instructed.
- **DO NOT** get a facial or a massage in treated areas for 1 week after your procedure.
- **DO NOT** undergo dental procedures for 3 to 4 weeks post treatment if areas treated were around the mouth.

RESULTS:

- Some results may be noticeable immediately, maximum results in 3-6 months and can last for 12-18 months.
- Bruising and swelling are expected, can be covered with makeup starting the next day and may be mitigated with oral and/or topical Arnica Montana or Bromelain capsules.
- Asymmetry from inflammation typically resolves on its own in 2-3 weeks.
- Discomfort at the insertion points is normal and may last up to 2 weeks.

AVOID:

- Excessive animation of the face or opening the mouth wide such as to floss teeth for 2 weeks
- ALL Aesthetic treatments for at least 7 days including facials, facial injections, facial massages, etc. from PDO treatment date.
- ALL Radio Frequency Microneedling, and Laser Treatments on the area treated for 3 weeks following the thread treatment.
- ALL Ultherapy® treatments on the area are treated for 3 months following the thread treatment.
- Avoid hot tubs, swimming pools, saunas, steam rooms for 7 days.
- Avoid strenuous exercise for 72 hours, this included challenging hikes.
- Anti-Inflammatories will inhibit the production of collagen which is a portion of the purpose of the thread treatment for 72 hours.

WHEN TO CALL:

- If any of the threads are exposed or start to extrude.
- If you develop a reddened, hard, painful nodule over one or more of the threads.
- If you experience increased redness, swelling or pain at the insertion site beyond 2 weeks.
- Irregularity or visible ridges threads beyond 4 weeks.
- If you have ANY questions regarding your treatment

It is the responsibility of each guest to fully review the Pre-Care and Post Care guidelines. If a scheduled service requires modification/cancellation because you do not meet the aforementioned criteria, you are responsible for notifying the medical spa no less than 24 hours in advance to avoid a late cancellation fee of \$75.00. If you are unable to contact an Ageless Aesthetics MediSpa representative within normal business hours, please leave a detailed voicemail. The voicemail system date-stamps/timestamps all voicemails with Mountain Standard Time (MST) zone times. Cancellations and modifications must be made within the MST zone in order to avoid no-show/late cancellation fees. If you have ANY questions or concerns, please call our office during business hours at 505.473.SKIN (7546).