

PDO Thread Post Care Instructions

Homeopathic / Vitamin Supplements:

- **Arnica Montana 6c** - this homeopathic remedy is well known for its ability to minimize post treatment bruising and swelling. If you are concerned about bruising, you can start taking this product up to 2 weeks prior to your procedure. If you did not start it do not worry you can start it at any time prior to your appointment. After your procedure you can take the pellets for 5 days or until bruising is gone. Arnica can be purchased at most health food stores and even on Amazon.
- **Alastin INhance Post injection** - is our in office spot treatment that enhances the results, as well as uses Arnica, ChromeFADE Technology, and Silver Mushroom to minimize post injection side effects, accelerates the resolution of bruising and support natural HA production.
- **You may start taking your multi-vitamins/ supplements the day after treatment unless you have significant bruising. If you have bruising please avoid your vitamins till your bruising is gone.**

Post Treatment Instructions:

- Apply a cool compress (in 30-minute increments over the first 24 hours to reduce swelling.
- Sleep on your back (if possible) for the next 3-5 days to prevent movement of threads.
- **Do not** massage the treatment area or receive deep facial massage for the next 2 months.
- **Do not** exercise for 4 weeks. This includes all strenuous workouts. Walking is permitted.
- **Do not** take a shower or wash your hair for the first 24 hours. Avoid hot showers for one week.
- When washing face after 24 hours, gently wash the required area with cleanser (recommended by your injector) and water. It is fine to shampoo and wash over the entry point and to towel off the area
- **Do not** enter a hot tub, or sauna for one week.
- **Do not** make exaggerated facial expressions for about 2-3 weeks. Avoid aggressive or prolonged chewing, wide yawning, or smiling too large for up to 1 month.
- **Do avoid dental work, including cleanings, for 4 weeks.** Should you have a dental emergency, please contact your injector.

What to Expect:

- It is common to feel some tugging and soreness as you move the treated area. These feelings diminish after a week or two
- Due to threads being placed in the skin, there may be discomfort and tightness in the area for several days after the procedure, this will decrease over time
- Asymmetry and irregularity of the tissues treated is common and should resolve on its own.
- If you see any irregularity or puckering of the skin of the treated areas, you may gently massage those areas by gently massaging in circular motions.
- Another kind of pain after PDO threads can be described as “twinges”, “zingers”, or “quick shocks”, this is completely normal, and is caused by the threads stimulating a nerve ending.

When to Call

- If you experience increased redness, fever or drainage from the thread site.
- If a thread begins to poke through the skin.

If you have any questions or concerns after the procedure, call us at 833-998-5893