



#### **PDO PRE-CARE TREATMENT RECOMMENDATIONS:**

- Avoid blood thinning medications such as ibuprofen, Motrin, Aleve for 5-7 days prior as well as herbal supplements (vitamin E, omega-3, St. John's Wort)
- Avoid alcoholic beverages for 24 hours before (and after) your treatment to avoid excessive bruising.
- If you are prone to cold sores, please let our office know so that we may provide you with an antiviral medication prior to your treatment.
- Arrive to your appointment with a clean face, free of makeup.

#### **PDO POST TREATMENT RECOMMENDATIONS:**

- Avoid picking and manipulating the suture at the procedure site. This can cause more bruising, infection, the perforation of the suture through the surface of the skin or the disjunction of the suture to the skin and muscle.
- Avoid direct heat such as laser treatment such as IPL or laser hair removal for at least a month.
- Avoid baths and use showers for one week following your procedure.
- Avoid excessive exercise/sport for one week following your procedure.
- For blood clot type bruises (hematomas) you may apply cold compresses gently to the area.
- Arnica or Vitamin K may be applied after procedure for 5-7 days for bruising and swelling if needed.
- There will be immediate visible results after treatment with suspensory threads, as well as the area feeling tighter. Over the first few days to weeks, the tight feeling will relax to some degree.
- Soreness almost always occurs after treatment. There may be a dull pain that typically goes away after a week or two. There will often be discomfort from chewing or any facial movement. 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. This kind of pain gradually resolves within several weeks after thread placement.
- Recovery is generally quick, with most patients returning to work the next day.
- Asymmetry or puckering of the skin may occur and typically resolves with time. If it does not resolve after a week, please contact us.
- You may take Tylenol for pain, especially at bedtime during the first few days.

#### **When to call:**

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

**Facial PDO Procedures:**

- Keep head elevated on several pillows for the first 3 nights after procedure.
- Avoid any direct pressure to the face and area where the sutures were placed for one week after the procedure (for example, sleeping face down, excessive chewing, talking, yawning, smiling and other facial movements during the week after your procedure.
- You may wash your hair and face with very gentle upward and outward motions that lift the skin in the same directions as the sutures lift the skin.
- Patient can remove KT tape after 24 hours. When removing KT tape, patients must remove carefully and in a bottom to top pulling direction. Moisten the area with a small amount of baby oil.
- Banding may appear, which is normal and is nothing to be concerned about. Applying warm water compresses and time will resolve any banding issues.

If you have any questions or concerns, please give us a call at 909-793-2020 or text  
909-787-2074

