

# PDO ThreadLift Pre and Post Instructions

## **Pre-Thread Lift Instructions:**

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 technicians or physicians

You may have some bruising or swelling after this procedure. Over the counter Arnica supplements have been shown to decrease swelling. You may begin taking them 3 days prior 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 prior if okay with your primary care physician as they can increase the risk of bruising.

You may take Tylenol for mild pain or headaches

## **Post-Thread Instructions:**

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 and will decrease

DO NOT get a facial or a massage in treated areas for 2 weeks after your procedure

AVOID strenuous workouts and alcohol for 24 hours if possible

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

DO NOT undergo dental procedures for 3 to 4 weeks if areas treated were around the mouth

You can massage small treated areas ONLY if you notice slight puckering or irregularity in an area if instructed by your provider

Please call the office if you notice any threads extruding from the skin

Your follow up session 1 week post treatment is recommended

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