

PDO Threads POST-Care Instructions

To ensure optimal results and support your healing process, please follow these post-care instructions carefully:

- You may experience tightness and tenderness around the face for approximately one (1) week. I understand that some redness and bruising might also be noticeable.
- Asymmetry and irregularity of the tissue is common and should resolve on its own in approximately two (2) weeks.
- **AVOID** anti-inflammatory medications (aspirin, ibuprofen, naproxen or diclofenac) medications for pain as this increases bleeding.
- Pain at the insertion points is normal and may last several days to two (2) weeks after treatment. If pain continues after two weeks, contact our office at (504) 267-4549.
- **AVOID** applying cosmetics to the area for at least 24 hours.
- Try to sleep on your back for the first week. Also, try to sleep on a soft pillow for at least one (1) week.
- **AVOID** showering (washing or touching my face) for 24 hours after treatment.
- **AVOID** excessive animation of the face for two (2) weeks
- **AVOID** massage and manipulation of facial tissue for two (2) weeks
- **AVOID** aesthetic treatments including RF, IPL, laser, ultrasound, and micro-needling for eight (8) weeks
- **AVOID** vigorous and physically demanding activities and strenuous exercise for at least five (5) days.
- **AVOID** alcoholic beverages for 48 hours.
- Smoking, drinking liquids through a straw, and similar motions are **STRONGLY** discouraged as complications may occur.
- **NO** swimming or using hot tubs/saunas/whirlpools while redness is present, usually for at least 24 – 48 hours.