

### **PDO Threads PRE-Care Instructions**

To ensure the best experience and results, it's essential to **carefully REVIEW THE PRE-CARE INSTRUCTIONS below**. Following these guidelines (such as pausing medications, etc.) is crucial for your safety and to **prevent any delays or the need to reschedule**:

- I understand that it is **IMPORTANT** to avoid **anti-inflammatory medications (aspirin, ibuprofen, naproxen or diclofenac) for at least five (5) days prior** to treatment unless it is described for a medical indication. If you are unable to avoid these types of anti-inflammatory medications, please contact Chronos prior to the procedure to discuss.
- I understand that I should **avoid alcohol for 48 hours prior** to treatment as this increases the risk of bruising and bleeding.
- I understand that I should **not wear make-up before treatment** to minimize the risk of infection.
- I understand that I **MUST** discuss and **disclose** any **healing disorders** with my treatment Provider **PRIOR** to any services rendered.
- I understand that I should schedule my PDO Threads appointments at least **two (2) weeks prior to a special event** which I might attend. Bruising and swelling may be apparent in that time period.
- I am aware that I **MUST** discuss and disclose if I have an **active infection or history of Herpes simplex** of the lips, mouth or face. I understand that this information is **IMPORTANT**.
- I understand that I **MUST reschedule** my appointment at least 24 hours in advance if I have a **rash, cold sore or blemish on the area(s)** being treated.
- I understand that I **MUST** discuss and **disclose if I am pregnant**, trying to get pregnant or breastfeeding. I understand that I **AM NOT** a candidate if I am pregnant or breastfeeding.
- I understand that I **MUST** discuss and disclose **any allergies to topical anesthetics, antibiotics**, or other medications.
- I understand that I **MUST** discuss and disclose any **history of hypertrophic scarring or keloid formation** or other skin diseases.