



## **PDO Threads Post Treatment Care**

### **Results:**

- Effects should be noticeable immediately after treatment. However, maximum effect will occur in four to six weeks.
- Bruising and swelling are normal and expected. If bruising is visible, you can take oral Arnica or apply topical Arnica gel to the areas that are discolored.
- Asymmetry and irregularity of the tissue is common and will typically resolve in one or two weeks.
- Pain at the insertion point is normal and may last several days after treatment. Please consult your provider for any pain beyond two weeks

### **Avoid:**

- Excessive movement or animation of the area injected for two weeks.
- Massage or manipulation of the tissue for two weeks
- Aesthetic treatments including RF, IPL laser or micro needling for four weeks.
- Strenuous exercise for one week after facial treatments and two weeks after body treatments. No deep squats for one month if you have had any threads injected into the buttocks area.
- Steam rooms, saunas, hot tubs or any water source that could be unclean or excessive in temperature for two weeks.
- Taking ibuprofen or naproxen for two weeks. Acetaminophen may be taken if needed.

### **When to call:**

- If any of the threads are exposed or start to extrude.
- If you develop a reddened, hard, painful nodule over one or more of the threads.
- If you experience increased redness, swelling or pain at the insertion site.
- Irregularity or visible ridges (buckling) of threads two weeks post treatment.
- If you have any questions regarding your treatment.

To increase the rate of healing time and decrease swelling and bruising, your provider may encourage you to take oral antihistamines (Zyrtec, Claritin, Benadryl) and histamine blockers (Prilosec, Tagamet).