
Pre-Treatment Instructions for PDO Threads

- Avoid Aspirin, Ibuprofen, Advil, St. John's Wort, oral Vitamin E, and non-steroidal anti-inflammatory drugs (NSAIDS) in the 24 hours prior to your treatment as they may promote the risk of bruising and bleeding in the injection area.
- If you are currently taking anti-coagulation medications (Warfarin, Coumadin, Heparin, Lovenox, Enoxaparin, Lepirudin, Refludan, Ticlopidine Ticlid, Clopidogrel, Plavix, Tirofiban, Aggrastat, Eptifibatide, Integrilin), discuss the use of these medications with your healthcare provider prior to your treatment. You may or may not be a candidate for treatment with cosmetic dermal fillers.
- Avoid alcohol 2-3 days prior to treatment. It can increase risk of bruising and swelling.

Post-Treatment Instructions for PDO Threads

- Ice the treated area for a few minutes for four to five times during the day for the first week if you are experiencing slight bruising or swelling.
- Do not wash or touch your face for at least 12 hours.
- Restrict facial movements for 2 weeks. No big burgers or big bites of any kind. A soft diet is recommended.
- Avoid applying makeup or facial cream for at least two days.
- Do not pull your skin, massage, scrub or exfoliate the skin for at least 2 weeks.
- Do not perform any strenuous activity or heavy lifting for three weeks.
- You can take pain medication as required after the procedure. Tylenol is recommended.
- If at all possible, avoid aspirins, ibuprofen, Advil for the next 3-5 days after the treatment.
- Sleep on your back for the next 2 weeks
- Avoid straining or placing pressure on your face.
- Do not schedule dental treatments for at least two weeks after getting the PDO thread lift.