

PRE-TREATMENT

1-2 Weeks Prior to Treatment

For optimal results and to ensure the effectiveness of the PDO Thread treatment, it is advised to refrain from smoking for 1-2 weeks prior to the procedure. Stop taking vitamin E supplements such as Fish Oil, Krill, Garlic, Chili, Ginseng, Ginger & Green Teas

48-72 Hours Prior to Treatment

To enhance the safety and efficacy of the PDO Thread treatment, it is recommended to abstain from the consumption of alcohol, any Aspirin based products such as Ibuprofen, and blood thinners for 48-72 hours before the procedure. If taking Warfarin®, it is recommended to stop taking it 5 days prior to procedure.

Treatment Day

To optimize your experience, we recommend consuming a complete meal and abstaining from caffeine to reduce the likelihood of experiencing dizziness. Please arrive without wearing makeup or skincare products to ensure a clear face. It is essential to stay hydrated and aim to arrive 10-15 minutes early for your appointment.

POST-TREATMENT

First 4-24 Hours Post-Treatment

Avoid lying down in prone or side position 4 hours after procedure to decrease the possibility of the movement of threads. When washing the treated area, wash gently for 24 hours.

First 48 Hours Post-Treatment

Refrain from wearing makeup for 48 hours after the procedure.

Within 1-2 Weeks Post Treatment

Abstain from drinking or smoking 1-2 weeks post treatment to avoid infection. Avoid excessive movements in the treated area and strenuous workouts. Avoid using straws, chewing gum, massaging, exfoliating, and scrubbing the face. Sleep upright for the first 2 weeks.

WHAT TO EXPECT

Following the PDO thread treatment, patients can expect some mild swelling, bruising, and tenderness at the treatment site, which typically subside within a few days. You'll notice the effects of the thread lift almost immediately, however as collagen production is stimulated over time, leading to gradual skin tightening and rejuvenation which may take up to 4-6 weeks for the full benefits. It is normal to experience some tightness or discomfort in the treated area, but these sensations should improve as the threads settle into place. Maintaining proper post-treatment care and attending follow-up appointments as recommended by your healthcare provider can help ensure optimal results from the PDO thread procedure.

PDO THREADS COMMON SIDE EFFECTS

Swelling & Bruising

Tenderness in the area for the first 2 hours followed by swelling or bruising for the first 24-48 hours at the injection site may occur post-treatment. These are temporary but can be treated with a light cold compress (Avoid excessive pressure).

Minor Asymmetry in Facial Expressions

Temporary dimpling of the skin can also occur but will settle within five days of insertion. Allow time for minor asymmetries to naturally resolve; consult your injector if concerns persist.

Navigate Potential Effects

In the rare event that you experience excessive swelling, persistent redness, severe pain, or signs of infection, it is crucial to contact the clinic immediately for further evaluation and guidance. Prompt communication with your healthcare provider can help address any concerns promptly and ensure that appropriate measures are taken to manage and resolve any unexpected side effects that may arise. Your clinic's team is here to support you throughout your treatment journey and prioritize your well-being.

Expert Recommended Products (pick up in-store or at www.skinlabandcontour.com)

Using the recommended products for pre and post-care when undergoing an injectable treatments is crucial for achieving optimal results and ensuring the skin's health and recovery. Pre-care products help prepare the skin by cleansing, hydrating, and priming it for the procedure, ensuring better treatment efficacy and minimizing potential side effects. On the other hand, post-care products are essential for promoting skin healing, reducing inflammation, and maximizing the benefits of the treatment. By following the recommended skincare regimen diligently, individuals can enhance the outcomes of their injectable treatments, maintain the skin's integrity, and achieve a smoother, more rejuvenated complexion in the long run.

SkinMedica TNS Advanced+ Serum

SkinMedica TNS Advanced+ Serum is a game-changer for enhancing post-injectable treatments. This advanced serum is packed with growth factors, peptides, and antioxidants that work synergistically to support skin rejuvenation and optimize the results of injectable procedures. By incorporating TNS Advanced+ Serum into your skincare routine post-treatment, you can accelerate skin healing, improve skin texture, and prolong the benefits of your injectables. This powerful serum lifts the appearance of sagging skin, enhances firmness, and helps reclaim smooth, tight, and youthful-looking skin. In as little as 12 weeks, users can experience skin that appears up to 6 years younger, showcasing the transformative effects of SkinMedica for a radiant and revitalized complexion.

Oxygenetix – Medical-Grade Makeup

Oxygenetix medical-grade makeup is the ideal companion for post-treatments, enabling optimal healing and results by allowing the treatment areas to breathe effectively. This innovative makeup formulation provides breathable coverage that promotes skin recovery while concealing imperfections, making it perfect for use post-treatment to support the skin's healing process. By using Oxygenetix, individuals can ensure that their skin is able to rejuvenate efficiently, ultimately enhancing the outcomes of your treatments for a smoother, more radiant complexion.