

Before Your PDO Thread Lift:

Have a consultation first to determine if you are a candidate. Pregnancy, immune system disorders, allergy to lidocaine, inflammation in the area being treated, silicone implants in the area, chemotherapy, history of keloids, and bleeding disorders are contraindications. You should be in overall good health.

Avoid Aspirin, Vitamin E, Omega 3's, Gingko, Ginseng, Garlic, antiinflammatories, steroids, or neuromuscular blockers for 10 days prior to treatment. If ordered by a physician, please get approval.

Avoids NSAIDS for 7 days prior to treatment. Avoid alcohol for 3 days prior to treatment. Please avoid any major dental work for two weeks before treatment.

If you have a tendency of bruising, you may purchase Arnica tablets (available at Whole Foods or other natural food stores) and take a few days before and after the procedure as directed.

Usually no need for antibiotics prior to treatment. Antivirals (Valtrex) are necessary only if at high risk for cold sore outbreak and you are being treated around the mouth area. Please let us know at time of consultation if you need a prescription.

Be sure to eat a meal before arriving and wear comfortable clothing.

After Your PDO Thread Lift:

The Effects should be noticeable immediately after treatment. Continual improvement will be seen over the next 4 weeks, and collagen stimulation will occur over the next 6 months.

Bruising and swelling is normal and expected. If taking Arnica pills continue to take as directed on the package. Arnica gel can also be applied to areas of concern.

Asymmetry is common and will typically resolve in one to two weeks.

Pain at the insertion points is normal and may last several days after treatment.

AVOID:

- Excessive movement or animation of the area treated for 2 weeks.
 - No opening mouth to eat large items, avoid chewing gum ●
- Massage or manipulation of the area treated for 2 weeks.
- Aesthetic treatment such as Ulthera, IPL, Laser, or Microneedling for 4 weeks.
- Strenuous exercise for 2 weeks.
- Steam rooms, saunas, hot tubs or any water source that could be unclean or excessive in temperature for 2 weeks.
- All dental work for one month.
- Any food requiring difficult chewing (such as large sandwiches and apples) for 2 weeks.
- Applying make-up for 24-48 hours (3 days over insertion point).

CALL OUR OFFICE:

- 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 the threads 2 weeks after treatment.

If you have any questions or concerns regarding your treatment please do not hesitate to contact our office. Follow up in 1-2 weeks as directed.

Premier Dermatology

378 El Camino Real, San Carlos, CA 94070 | 650-551-9700 | office@premier-dermatology.com

6/2021