

# PDO Surgical Thread Lift Procedure

## Pre-Procedure Instructions

Our office wants to provide you with the very best surgical care. You can help to minimize the risk of complications by carefully reading and following your preoperative and postoperative instructions. Ask us to clarify any item about which you have questions.

- **Do Not take ASPIRIN** (Bufferin, or Baby Aspirin) or **IBUPROFEN** (Advil, Motrin, or Nuprin), or **NAPROXEN** (Aleve) or Non-Steroidal Anti-Inflammatory Drugs (NSAIDS) similar to these medications, for **Ten (10) days before treatment**. These substances impair platelet function in the normal clotting process and thus promote bleeding and bruising. It is permissible to take acetaminophen (Tylenol or Anacin-3).
- **Do not drink alcohol for 3 days prior to surgery**, this might cause excessive bleeding, decreased resistance to infection. Please avoid red wine for 4 days before surgery in order to minimize bruising.
- Ativan, a mild sedative, can be taken, however you would need to get a prescription from your personal physician. A driver is needed if you choose to take the Ativan.
- **Diet before surgery:** You should eat a light meal before arriving at the office for your procedure.
- Please refrain from smoking **2 day before and 2 days after** the procedure.



## Post Care Sheet After PDO Procedure

- PDO threads are absorbable synthetic polymer that is highly versatile. The PDO thread will biodegrade over a period of 4 to 6 months. The PDO thread will create micro injuries to the skin causing it to have a positive result on the dermal layers, for example, increase blood flow. Results from this treatment may take up to 3 weeks or longer for the treatment effect to be noticeable.
- After Your PDO Thread Placement:  
To achieve the best possible result from your treatment, follow these instructions carefully. If you have any question or problems that are not addressed here, call our office, and we'll be happy to help.

### Normal response:

- Bruising, and swelling is normal and you can use over counter arnica, vitamin K to help with bruising if necessary.
- Post procedure discomfort medication to use: Tylenol - helpful for post procedure for 7 to 10 days
- Most discomfort occurs in the first 24 to 48 hours. Place ice on very gently just in case of bruising.
- Stinging, "pulling", itchy sensation will decrease at about 3 to 5 weeks

### What you need to Avoid:

- Avoid heavy exercises for 1 week, this causes extreme facial movements.
- Avoid bathing, just shower only.
- Avoid harsh chemical treatments for 5-7 days after treatment.
- Avoid saunas, lasers, IPL, RF and other Energy treatments for at least 1 month.
- Do not touch or wash your face for 30 minutes
- Do not pull down on face, no facial massage for 4 weeks.
- Eat soft foods, no large bites for 7 days. Avoid: apples, steak or anything tough or requiring heavy chewing.
- Sleep on back for 3-4 days
  - Do not chew gum for 2 weeks
- Limiting facial movements will help lifting threads to stay in place, so no dental work unless strictly necessary for one month.
- Avoid heat in treatment area like saunas, IPL lasers or radio frequency treatment for 30 days

If there is any concern, PLEASE call/text 619 692 9300 AND email us photos to [patients@beautyandbodylounge.com](mailto:patients@beautyandbodylounge.com) so we can further assess the situation.