



Congratulations! You just experienced a PDO thread treatment. Here are your post treatment instructions and what to expect.

Results:

- It may take several weeks or longer for the treatment effect to be noticeable
- Bruising and swelling is normal and expected – if bruising is visible you can start taking oral Arnica and apply topical arnica cream.
- Pain at the thread insertion site(s) is normal – this may last several days or even one week after treatment

What you need to do:

- If you see any irregularity or puckering of the skin of the treated areas, you may gently massage those areas by applying a small amount of moisturizer and massaging in circular motions. You may repeat this 3 to 5 times a day.
- If any of the threads are exposed or start to extrude, please contact our office to schedule a follow up.
- Avoid exercise for 24 hours unless you are told otherwise by your clinician.

When to call:

- If you experience increased redness, swelling, or pain at an injection area
- If one or more of the threads begin to extrude
- If you have any questions or concerns regarding your treatment

Please attend your upcoming scheduled appointment. Best results from your threads are achieved through multiple treatments.