



PRE PDO THREAD CHECKLIST

- We recommend that you schedule your treatment 3 to 4 weeks in advance of any special events or vacations.
- Avoid Blood Thinners or Ibuprofen/Aspirin, Fish oil, NSAID, Alcohol, Vitamins A & E, Garlic, Ginseng, Ginger or Green tea at least 7 days prior to procedure and 7 days after procedure to minimize risk of bruising. If you take a Blood thinning medication like Heparin or Warfarin please advise our office.
- Avoid Alcohol use or Smoking 1 week prior to avoid extra bruising
- Start Arnica tablets (5 pellets under tongue 3 times a day) 2-3 days prior to reduce risk of bruising
- Do not apply any topical products that are potentially irritating to your skin 3 days before and after your procedure. These include products containing Tretinoin, Retin A, Retinol, Glycolic acids, Benzoyl peroxide or Hydroquinone.
- Inform your provider If you have a history of cold sores to consider receiving Antiviral medication prior to treatment.

DAY OF PDO THREAD CHECKLIST

- Please Arrive with a “Clean Face” Please do not wear makeup!
- Take a shower prior to appointment and wash your hair cleaning around your ears.
- Eat a Small Meal prior to your appointment
- You may experience a mild amount of tenderness and stinging during and following the treatment.
- Redness and swelling are normal, Some bruising may be visible.

POST PDO THREAD INSTRUCTION

- Wear Facial ice wrap for 30 mins on and 30 mins off (putting it back in the freezer to get cold again) for 24 hours. Then transition to ice packs for 10-15 mins at a time for 4-5 times a day for 5 days for swelling.

- Most discomfort should occur in the first 24-48 hours following the procedure and will decrease each day thereafter. You may resume normal activities as you feel well enough to do so.
- Tylenol (acetaminophen) is a pain reliever that can be taken post op for the next 7-10 days.
- Do not touch or wash your face for 12 hours following the procedure.
- Avoid washing hair and taking a shower for the next 24 hours after the procedure.
- Keep Facial incisions clean and covered with band-aid
- Limit Facial motion, extreme or exaggerated expressions for 24 hours.
- Avoid sleeping on your face, Sleep with head elevated at 30 degrees for the next 3-5 days to help with the swelling and prevent threads from moving.
 - Can wear facial ice wrap to sleep even if not cold.
- Do Not Use Facial scrubs, Harsh cleansers or Chemical peels for the first week after the procedure.
- Normal Gentle Skin care can be resumed 24 hours after.
- Avoid drinking or smoking for 1-2 weeks after the procedure to prevent possible infection.

For 48 Hours -72 Hours (2-3 Days)

- No Make up for 2 days
- No flying for 2 days
- No Swimming, hot tub, pool or ocean for 2 days
- Avoid Shaving the area for 3-4 days after the procedure.

For 30 Days

- No Clarisonic or Firm Washing (Only motions in upwards direction)
- No Facial massage

- No Big apples, sandwiches, dental work, oral exercising, wide mouth activities.
- No Sleeping on Face, Side sleeping (Recommend Wedge under legs or Travel neck Pillow)
- No Heavy lifting or heavy physical exercise (i.e. CrossFit, boxing, tennis, HIIT “listen to your body”)

Contact our office at (808)329-1146 should you have increased redness, swelling, pain, threads begin to extrude or signs of an infection at the treated area.