

PDO THREADS POST-TREATMENT CARE



M Kathryn Schaefer, MD – Botox Oahu

Congratulations on receiving a PDO Thread treatment!

RESULTS:

- Effects can be noticeable immediately after treatment. However, the maximum effect will occur in 4-6 weeks and can last 18 months or more.
- Bruising and swelling are normal and expected. You can use Arnica cream or apply ice or a cold compress for 5 minutes 4 times a day.
- Asymmetry or irregularity of the tissue 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. Please let us know if there is any pain beyond 2 weeks.

AFTERCARE:

- Do not wash or touch the area for at least 12 hours.
- Avoid applying makeup or facial cream for 24 hours.
- Sleep on your back for 3 days so as to not put pressure on the threads.
- No swimming or bathing which would submerge the injection sites for 3 days, wait for at least 4 hours before showering. The threaded area can be gently washed with an anti-bacterial soap.
- Eat soft foods, no large bites, don't drink with a straw for 7 days.
- Limit facial movement of the area injected and if possible avoid dental work for 2 weeks.
- Avoid strenuous exercise for 1 week after facial and body treatments as this may cause extreme movement.
- Avoid steam rooms, saunas, hot tubs, or any water source that could be unclean or excessive in temperature for 2 weeks.
- Do not chew gum for 2 weeks
- Do not pull down on face for 4 weeks
- Avoid aesthetic treatments including RF, IPL, Laser, or Microneedling for 4 weeks.
- No facial massages or excessive pressure on your face for 4 weeks.
- Avoid taking Aspirin, Ibuprofen, or other NSAIDs for 2 weeks as they may exacerbate bruising. Acetaminophen/Tylenol may be taken instead if needed.

WHEN TO CALL:

- 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, increased warmth, or pain at the insertion site.
- Irregularity or visible ridges (buckling) of threads 2 weeks post-treatment.
- If you have any questions or problems that are not addressed here, don't hesitate to call our office at 261-1121.