

Pre-Treatment PDO Thread Lift:

- If you have a history of cold sores, please be sure to advise your provider prior to treatment to assess if an anti-viral prescription needs to be obtained.
- If you are planning to receive any injections in the treatment area (i.e., neuromodulators or dermal fillers) please plan to do so 2 weeks prior to or 2 weeks after treatment.
- Avoid alcohol and nicotine 3 days prior to and after treatment as the use of these products contributes to potentially longer healing times and increased bruising.
- No NSAID's (ibuprofen, naproxen, Aleve, Motrin, Celebrex), No Aspirin and No blood thinners 7 days prior to treatment. If you are on medication prescribed by your doctor that may thin your blood or affect blood clotting, please notify your primary care provider you are planning on having an aesthetic medical procedure.
- Avoid supplements that tend to thin the blood such as Gingko Biloba, Garlic, Turmeric, Flax Oil, Fish Oil, Vitamin E 7 days prior to treatment.
- If you are taking steroids, talk with your prescribing provider about stopping the use of steroids prior to your treatment as they can diminish your optimal result.
- If you tend to easily bruise or swell, you may begin an OTC Arnica regimen as directed 3 days prior to treatment and continue taking post treatment.
- If an active or extreme breakout or wound occurs before treatment, please contact the office to reschedule your procedure.
- Discontinue the use of all Retinol based products to include those with Vitamin C and A at least 3 days prior to treatment.
- On the day of treatment, keep your face clean and do not apply makeup or moisturizers.



Post-Treatment PDO Thread Lift:

- You may ice the treated area to alleviate discomfort and minimize swelling (do not apply ice directly to skin).
- It is normal to experience swelling, bruising and mild discomfort.
- Lumps, bumps, and puckering tissue may occur along the entry sites. These will dissipate as healing progresses and will resolve completely once healing is complete. Do NOT manipulate the tissue.
- If you tend to easily bruise or swell, you may use OTC Arnica regimen as directed for 3 days following treatment.
- You may take Tylenol to alleviate discomfort and/or swelling. Refrain from taking NSAID's.
- Restrict facial movements and rest for the first 24 hours after treatment. Avoid animated or over-exaggerated facial expressions as well as excessive face and/or neck movement for 2 weeks following treatment.
- No facial or neck massages for one month post treatment.
- Maintain a soft diet to restrict heavy chewing for the first 24 hours and advance as tolerated.
- Avoid drinking through a straw for 3 to 5 days.
- Avoid strenuous activity or heavy lifting for 2 weeks following treatment. It is ok to walk and do other lower impact daily activities.
- Use a gentle cleanser and warm water to cleanse the face waiting at least 4 hours after treatment.
- Avoid using makeup over the entry sites until they are healed.
- Refrain from harsh/abrasive products including Retinols, acid-based creams and products containing Vitamin C and Vitamin A for 24 hours post treatment.
- Avoid prolonged sun exposure for 2 weeks after treatment. Use a medical grade broad spectrum UVA/UVB of SPF 30 or greater at all waking hours.
- Use hydrogen peroxide on a Q-tip followed by bacitracin to the entry sites and for any scabbing that may develop at these sites.
- Please call our office 916-242-2662 if you have any questions or concerns.



916-242-2662

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