



75-5995 Kuakini Hwy. Suite 441, Kailua Kona, Hawaii 96740
Phone 808-339-3595 Fax 808-885-9793

PDO Threading Pre and Post Treatment Instructions

PRE TREATMENT

- Assure no allergies to lidocaine, epinephrine, polydioxanone
- Avoid alcohol 3 days prior to procedure
- Avoid medications such as Aspirin, Aleve, Ibuprofen

CONTRAINDICATIONS

- Pregnancy or breastfeeding
- Unrealistic expectations- this is not a face lift
- Undergoing chemotherapy
- Cutaneous Neurofibromatosis
- Blood disorders
- Psychiatric disorders, such as compulsive skin picking or body dysmorphia
- History of Keloid scars
- Autoimmune Diseases
- Inflamed skin or rashes in the treatment area
- Silicone implants in the treatment area
- Patient with dental work scheduled within 1 month of thread procedure
- Patients with excessively thin skin or significant laxity (to be determined by provider)

POST TREATMENT

- Lay flat on your back always
- Avoid heat therapies and massage in the treated area for 1 month. This also means you should not massage your own face

- No saunas for 1 month
- No high impact exercise or yoga for 2 weeks
- Okay to take an antihistamine (Allegra, Claritin or Zyrtec) for the first 2 days
- Facial rest for 1 month. This means you should AVOID big laughs, excessive animation, eating things that require you to open your mouth wide (a burger or an apple for example) or foods that are difficult to chew
- No dental work for 1 month
- Avoid heavy physical exercise or exertion for 2 weeks post procedure.
- No running or jarring movements for 1 month
- Avoid NSAIDs (Aspirin, Aleve, Ibuprofen) for 10 days post procedure
- Bruising can vary and some patients may experience moderate bruising lasting up to 14 days or more. Treated areas should be handled gently when cleansing.
- Normal skincare regimen can be resumed immediately following treatment.

EXPECTATIONS

- Mild dimpling near thread insertion points is normal and will self-resolve in 2-4 weeks
- Avoid the urge to massage these areas
- Feeling/hearing clicking or popping as the threads settle for 2 weeks post treatment is normal
- Mild swelling and some bruising is normal and should resolve in 1-2 weeks

I understand that these pre/post care instructions are important to my overall treatment. I agree that I have read and understand what is required of me before and following my treatment.