



PDO Thread Pre and Post Treatment Instructions

PDO Threads are an absorbable suture loaded on hypodermic needles. After being inserted into your skin, these threads are fully absorbed in 4-6 months. During this time, your skin will repair itself around the suture, creating new collagen.

Threads are smooth or twisted and will be placed under your skin in various patterns. This mesh will serve as the foundation for new collagen production, targeting loose or crepe-textured skin. Typical results occur after 3-5 treatments about one month apart. Optimal results occur 4-6 months after the treatment series is complete.

What you should know **BEFORE** your treatment with PDO threads:

- It may take several weeks or longer for the treatment effect to be noticeable.
- Bruising and swelling are normal and expected – you can start taking oral Arnica and apply topical arnica cream following treatment. Please abstain from all blood thinners, aspirin, anti-inflammatory medication, Vitamin E, Green Tea and Fish Oil for a week before treatment. Check with your prescribing physician to ensure the safety of withdrawing this medication temporarily for cosmetic treatment.

What you should know **AFTER** your treatment with PDO threads:

- Do NOT apply skincare products or makeup over treatment areas until the next day.
- Pain at the thread insertion site(s) is normal – this may last several days or even one week after treatment.
- Avoid exercise for 24 hours unless you are told otherwise by your clinician.
- Avoid aesthetic treatments including RF, IPL, Laser, or microneedling for 4 weeks.
- Avoid shaving the treated area for at least 4 weeks following treatment.
- If any of the threads are exposed or start to extrude, please contact our office to schedule a follow up.

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.

Thank you for entrusting us to your care.