

## **PDO Threads Pre/Post Instructions**

### Pre Treatment Instructions:

- Please try to refrain from wearing any makeup to your appointment.
- Bruising is ALWAYS a risk factor with treatments so please plan a minimum of 4 weeks prior to an event.
- Avoid, if possible, non-steroidal anti-inflammatory (NSAIDs) such as Ibuprofen and Aspirin, fish oil, Vitamin E and alcohol for 1 week prior to treatment to minimize potential bruising and bleeding.
- Prescription anticoagulants/antiplatelet medications will increase the risk of bruising and bleeding. If cleared by your HCP, avoid 1 week prior to treatment.
- Pineapple juice and Arnica Tablets (found at CVS) are recommended to reduce bruising 5 days prior to treatment.
- If you have a history of cold sores, begin prophylactic treatment with Valtrex or similar medication no later than 24 hours prior to the treatment.
- Purchasing Arnica Gel/Cream for post-procedure use is recommended.
- This treatment is contraindicated if you are trying to get pregnant, pregnant or nursing.

### Post Treatment Instructions:

- You may take Arnica Tablets and use Arnica Gel/Cream (found at CVS) and drink pineapple juice to reduce bruising.
- Apply an ice pack or cold compress to the injection area to help reduce swelling.
- Avoid putting pressure on the injection area, including sleeping on the area.
- Avoid physical activity for 48 hours post treatment.
- Do not put any makeup or creams over injection site for 8 hours to decrease the risk of infection.
- Avoid manipulation of the area following the injection unless specifically instructed otherwise by your healthcare practitioner.
- For pain/discomfort, use cool packs and over-the-counter analgesics (Ibuprofen, Tylenol). Severe pain should be reported to SeaMist MedSpa immediately.
- Swelling is normal for 2-3 weeks post treatment please wait 3 weeks before coming in for a follow up. We cannot evaluate the area while it is swollen due to asymmetry.
- After three weeks, please come to the follow up appointment so we reassess your treatment and address any nodules due to product build up in the area.
- Avoid additional facial treatments and procedures for 2 months post-procedure.
- Avoid eating tough/chewy foods (ex. steak) until pain/discomfort resolves.

### Side Effects:

- Pinpoint bleeding at injection site
- Redness
- Swelling
- Bruising
- Discomfort/tenderness
- Headache
- Puckering of skin

If signs and symptoms of infection develop and persist (warmth at the site of injection, discharge/pus,pain/discomfort) or if you develop a fever, please contact SeaMist MedSpa so our staff may assist you.