



Mint PDO Threads Instructions

Pre-Treatment Instructions:

- Please refrain from wearing any makeup to your appointment.
- Bruising is always a risk factor with treatments, so please plan your appointment at least 4 weeks prior to an event.
- Avoid, if possible, non-steroidal anti-inflammatory medications (NSAIDs) such as Ibuprofen, Aspirin, fish oil, Vitamin E, and alcohol for 1 week prior to treatment to minimize potential bruising and bleeding.
- Prescription anticoagulants/antiplatelet medications can increase the risk of bruising and bleeding. If cleared by your healthcare provider (HCP), avoid these for 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 a 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 conceive, pregnant, or nursing.

Post-Treatment Instructions:

- You may take Arnica Tablets, use Arnica Gel/Cream (found at CVS), and drink pineapple juice to help reduce bruising.
- Apply an ice pack or cold compress lightly to the injection area to help reduce swelling.
- Avoid putting pressure on the injection site, including sleeping on the treated area.
- Avoid physical activity for 48 hours post-treatment.
- Do not apply makeup or creams to the injection site for at least 8 hours to decrease the risk of infection.
- Avoid manipulation of the treated area unless specifically instructed otherwise by your healthcare provider.
- 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 returning for a follow-up appointment, as the area may still appear swollen, making it difficult to evaluate.
- After 3 weeks, please schedule your follow-up appointment to reassess your treatment and address any nodules due to product buildup in the area.
- Avoid additional facial treatments and procedures for 2 months post-procedure.
- Avoid eating tough/chewy foods (e.g., steak) until any pain/discomfort resolves.

If you think you are having an emergency please call 401-782-2400. After hours or on the weekend please email info@seamistmedspa.com with EMERGENCY DR. SIMPSON.