

## PDO Threads Post Treatment Instructions

### Results:

- Effects should be noticeable immediately after treatment. However, the maximum effect will occur over several weeks to months.
- Bruising and swelling are normal. If bruising is visible, you may take oral Arnica.
- Asymmetry and irregularity of the tissue are common and will typically resolve in one to two weeks.
- Pain at the insertion points is normal and may last several days after treatment. Please consult your provider for any pain beyond 2 weeks.

### Avoid:

- Excessive movement or animation of the area injected for 2 weeks
- Massage or manipulation of the tissue for 2 weeks
- Aesthetic treatments including RF, IPL, Laser, or Microneedling for 4-6 weeks
- Strenuous exercise for 30 days
- Steam rooms, saunas, hot tubs, or any water source that could be unclean or excessive in temperature for 2 weeks
- Taking ibuprofen for 2 weeks. Acetaminophen may be taken instead if needed.

### When To Call the Office:

- If any of the threads are exposed or start to extrude.
- If you develop a reddened, hard, painful nodule over one or more of the threads.
- If you experience increased redness, swelling, or pain at the insertion site.
- Irregularity or visible ridges (buckling) of threads 2 or more weeks post-treatment.
- If you have any questions regarding your treatment.