



AFTERCARE INSTRUCTIONS

PDO Thread Lift

An SPF 30 is advised to avoid post-inflammatory hyperpigmentation (PIH)

Avoid making long dental appointments for at least four weeks after treatment because mouth opening may be restricted.

No facial massaging for two weeks and blood thinning herbs and vitamins like Vitamin E should be terminated seven days before the treatment and for another seven days' post treatment.

For discomfort, paracetamol should be sufficient and NSAIDs like ibuprofen should be avoided because inflammation is necessary for fibrosis. NO alcohol for three days' post treatment and NO sauna for seven days or heat treatments. Arnica (in pill form) may be effective against swelling.

No generating devices such as lasers or RF before 12 weeks' post treatment because the heat will cause distortion of the threads.