Dermatology & Plastic Surgery SPECIALISTS

PDO THREADS

BEFORE YOUR TREATMENT

- Avoid blood thinners (aspirin, ibuprofen, fish oil, vitamin E, ginkgo, garlic, turmeric) for **5–7 days prior**, if medically appropriate. Always check with your provider.
- Avoid alcohol for **24 hours** before treatment.
- Arrive with clean skin. Avoid makeup, skincare products, and lotions on the day of treatment.
- Inform your provider of any medications, supplements, allergies, or medical conditions.
- If you have a history of cold sores, inform your provider. Antiviral medication may be recommended.
- **No dental work 2–4 weeks** before treatment.

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AFTER YOUR TREATMENT

- Mild swelling, bruising, tenderness, or tightness is normal and typically resolves within **3–7 days**.
- Do not touch, rub, or massage the treated areas for **24 hours** unless instructed by your provider.
- Avoid wearing makeup for **24 hours**.
- Avoid strenuous exercise, heavy lifting, hot yoga, saunas, and hot tubs for **1–2 weeks**.
- Avoid flying or high altitudes for **1 week** if possible.
- Avoid direct sun exposure, tanning beds, and excessive heat for **48 hours**. Wear SPF 30+ daily.
- Results are visible immediately with continued improvement as collagen builds. Results can last 12–18 months, depending on the threads used and individual factors.
- **No dental work 2–4 weeks** after treatment.
- Contact us if you have any concerns or unusual symptoms.