

## HD PDO Threads Post Care Instructions

- You can gently wash the treated areas on the same day but do not rub or massage the face for 2 weeks.
- A stinging or “pulling” pain or discomfort is normal. You can take Tylenol 500 mg 1-2 tablets every 6 hours as directed. This will subside over a 2-3 week period.
- An itchy sensation is normal and will subside over 2-3 week period.
- Apply SPF30 + and avoid direct sunlight and tanning machines in order to prevent post inflammatory hyperpigmentation.
- Try to sleep with either two pillows on your side (or by using a travel pillow) in order to avoid pressure at night.
- Do not open mouth too wide for 3-4 weeks (avoid dental treatment for 2 wks if possible.)
- Avoid taking any anti-inflammatory medication such as Aspirin, Naproxen or Ibuprofen, because inflammation is necessary to initiate the new collagen formation process. NSAIDS will suppress this process. Anti-inflammatory medication may be taken after 7 days.
- Avoid blood thinning vitamins and supplements for 5 days. You can take Vit C 2000 mg/day for 2 wks starting from 5 days following the procedure.
- Avoid vigorous exercise for 2 wks post procedure.
- Avoid having Radio Frequency or any heat producing (laser, IPL, etc) treatments for at least 8 weeks.
- Bruises, swelling and tenderness are normal and will subside over 1-2 wks. Small protrusions can also be normal which will appear like tiny bumps and resolve in about 1-2 wks. Infection or a foreign body reaction (granuloma) are extremely rare complications.

