



## **PDO Thread Lift Treatment Post-Care Instructions:**

Please follow these instructions to ensure optimal healing and best results.

### **First 24–48 Hours:**

- Apply cold compresses gently if swelling occurs (10–15 min at a time)
- Avoid touching, rubbing, or applying pressure to the treated area
- Sleep on your back with your head elevated to minimize swelling
- Avoid makeup for 24 hours
- Avoid alcohol and smoking

### **For 1 Week:**

- Avoid vigorous exercise or anything that causes excessive facial movement
- No saunas, steam rooms, or hot tubs
- Avoid facials, massages, or dental procedures
- Stick to gentle skincare—avoid retinoids, exfoliants, or strong acids

### **For 2–4 Weeks:**

- Avoid high-impact activities that could strain facial muscles
- Results will continue to improve as threads stimulate collagen production

### **What to Expect:**

- Mild swelling, bruising, and tenderness are normal and usually resolve within a few days
- You may feel tightness or pulling—this typically subsides within a week
- Small puckering or dimpling may occur and usually smooths out within several days

### **Contact Our Office If You Experience:**

- Signs of infection (increased redness, warmth, pus)
- Excessive or prolonged swelling
- Fever or unusual discomfort