



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

### **To ensure optimal results and reduce the risk of side effects:**

- Avoid blood thinners (unless medically necessary) for 5–7 days prior:
  - Aspirin, NSAIDs (e.g., ibuprofen), fish oil, vitamin E, ginkgo biloba, turmeric
- Avoid alcohol for 24 hours before your procedure
- Avoid smoking for at least 3 days pre- and post-treatment (slows healing)
- Inform your provider if you are taking any medications or have any medical conditions
- Avoid dental work for 2 weeks before and after the procedure (risk of infection)
- Come makeup-free and with clean skin on the day of your appointment