



PDO THREAD LIFT Pre & Post care

*Please note, the PDO Smooth Threads do not have the same expectations and downtime. For your safety and in order to obtain optimum results, the instructions below should be followed

How to Prepare for your PDO Thread Lift:

- Do NOT take aspirin, Motrin, Ibuprofen, Naproxen, Aleve, Vitamin E, Ginkgo Biloba, fish oil, St. John's Wort, garlic pills, or other anti-inflammatory medications for 1-2 weeks if okay with your primary physician. These medications can increase the risk of bruising. For mild pain or headaches Tylenol is preferred.
- DO consider taking over the counter Arnica supplements (available at most supplement stores and at Cheeky) starting 2 days before your treatment as they have been shown to decrease bruising. Arnica will also help with any swelling.
- DO inform your nurse or physician if you have a history of medication allergies, history of anaphylaxis, and any other medical problems
- The ideal time to schedule this procedure is at LEAST 2 weeks before a big event. The effects of a PDO Thread Lift will settle into place over a 2-4 week period; however, at two weeks, any swelling or bruising that may occur will have subsided.

What to Expect After Your PDO Thread Lift:

- No high impact exercise / yoga for two weeks.
- You may use ice packs on the treated areas to help with swelling and discomfort. Treated areas may be red, swollen, and bruised for the first 2-7 days.
- If bruising occurs, you may continue Arnica supplements,
- DO apply topical Arnica gel, drink fresh pineapple juice, and/or take Bromelain supplements to help bruising resolve faster.
- The skin may appear to have an exaggerated lift with slight puckering of the skin. This will resolve on its own within a 2-4 week period.
- No laser / IPL or BBL / Radio Frequency treatments for one month.
- Results last on average 8 - 15 months. Subsequent treatments may be needed before that time frame.

Please contact Cheeky Medspa at (907) 252-3198 if you have any questions, concerns, or compliments regarding your treatment.