



# Patient Education:

## PDO Threads

PDO (polydioxanone) thread treatments, also known as thread lift or thread smooth, are a minimally invasive, non-surgical procedure that uses dissolvable threads to either lift and tighten sagging skin or stimulate collagen production for improved firmness and a youthful appearance. The procedure involves inserting fine, medical-grade threads under the skin using a cannula or needle.

### Before your appointment

Some clients may not be eligible for PDO thread lifts at this time, including: clients with autoimmune deficiencies, pregnant or breastfeeding, those who scar easily, or have a bleeding disorder (hemophilia, sickle cell anemia).

Before your PDO thread appointment, you must discontinue blood-thinning medications and supplements, including aspirin, ibuprofen, vitamin E, fish oils, and garlic, for about one to two weeks. You should also avoid alcohol and smoking for at least one week, and plan to avoid other procedures like lasers for a month. If you have a history of cold sores please let your provider know, it may be advisable to take an antiviral medication prior to treatment.

Please notify our staff of any changes in your medical history or health status prior to your appointment.

### The day of your appointment

Please make sure the area you do not wear any makeup, lotion, or other skincare products to your appointment.

Avoid touching, washing, or applying makeup to the treated areas for at least 12-24 hours, and limit strenuous activity, excessive facial movements, and heavy lifting for up to 2-4 weeks. Apply ice to reduce swelling, sleep with your head elevated for several days, and avoid massage, saunas, alcohol, and nicotine for at least 1-2 weeks to prevent complications and promote healing.



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### After your appointment

Some tenderness, tightness, mild bruising, and temporary puckering or dimpling are normal and should resolve in the following days or weeks.

Avoid strenuous activities and heavy lifting for up to 2-3 weeks. Do not massage or scrub the treated areas for at least 3 weeks. Avoid saunas, steam rooms, and intense sun exposure for at least 1-2 weeks. Hold off on makeup and active skincare products like retinoids and acids for at least 48 hours. Avoid alcohol, smoking, and nicotine for at least 2 weeks, as these can impede healing and increase the risk of complications. Do not schedule any dental procedures for at least 2 weeks.