

PDO Threads

PDO (polydioxanone) threads have been used throughout medicine for decades and have been found to be highly effective at strengthening and improving the contours of the face, improving sagging skin, lifting the eyebrows, improve symmetry, reducing roundness, etc. PDO stimulates the production of collagen, creating a lifting effect lasting for 3 years after your procedure. The threads become a support structure for the face, allowing natural collagen production to take place.

Which areas can be treated with PDO threads?

Forehead/brows	Lower and upper cheeks	Neck and jawline	Nose to mouth lines		
Lips	Marionette lines	Buttocks	Abdomen	Knees and Elbows	Chest

What happens during PDO treatment?

After receiving a local anesthetic, PDO threads will be inserted using a micro-needle or cannula. PDO thread lifting is a very customized procedure, and your healthcare professional will work closely with you in order to achieve optimal results. There are no incisions, meaning stitches are not required.

When will I see results?

PDO lifting delivers immediate results, which continue to improve over the next 2-6 months as new collagen is produced. Although the PDO threads will slowly dissolve, you will continue to see results for up to 3 years. It is recommended for best results to complete a series of 3 treatments about 4 weeks apart.

How long are PDO treatment sessions?

The time of your procedure will vary based on many factor such as the size of your treatment area, but typically takes between 30 and 60 minutes.

Pre-Treatment Instructions

- Avoid active tanning, spray tanning and self tanners for one month prior to treatment.
- Arrive for your procedure with a fresh face (no makeup, skincare products, sunscreen) as your skin will be prepped in our office for procedure.
- The day of treatment avoid heavy aerobic activity, hot showers/baths and consumption of alcohol.
- To minimize bruising and swelling, avoid the use of: Vitamin E, Green Tea, Fish Oil, Aspirin and Non-Steroidal Anti-inflammatory drugs (NSAIDS = Aleve, Naproxen, Advil, Ibuprofen, etc) until all bruising and swelling has resolved, ideally discontinue these medications 2 weeks before procedure. Acetaminophen may be taken instead, if needed. Consult your physician prior to stopping any medication.
- You may need to arrive an hour prior to your procedure for topical numbing.
- If you have a history of cold sores or the HSV-1 virus, you will need a prescription for an antiviral medication the day before your procedure as an outbreak prevention. We are happy to send a prescription to your pharmacy, if needed.
- A Vicodin or valium may be taken in our office under these strict guidelines:
 - Rx must come from your general practitioner (we do not Rx these medications).
 - It is mandatory that you have a driver to and from procedure.
 - Medication may only be taken in our office once you arrive with a staff member



present.

Post- Treatment Instructions

- The treatment area(s) may be gently washed a few hours after treatment, avoiding aggressive scrubbing, massaging or rubbing for atleast 2 weeks.
- To increase the rate of healing time and decrease swelling and bruising, we encourage you to take oral antihistamines (Zyrtec or Benadryl) and histamine blockers (Zantac or Prilosec).
- Follow up examination 7 days later. You will have a follow-up examination a week after your treatment

AVOID ALL OF THE FOLLOWING:

- Excessive movement or animation of the area injected for 2 weeks.
- Massage or manipulation of the tissue for 2 weeks.
- Aesthetic treatments including RF, IPL, Laser, or microneedling for 4 weeks.
- Strenuous exercise for 1 week after facial treatments and 2 weeks after body treatments. No deep squats for one month if you have had any threads injected into the buttocks area.
- Steam rooms, saunas, hot tubs, or any water source that could be unclean or excessive in temperature for two weeks.
- Lying on the treated area(s) for the two nights immediately following your treatment. Also, sleeping elevated can help with swelling.
- Avoid opening your mouth too wide for up to 4 weeks to reduce pulling, and reschedule any dental appointments for at least two weeks after your treatment

Expectations

- Effects should be noticeable immediately after treatment. However, maximum effect will occur in 4-6weeks.
- Redness, Bruising and swelling around the treated area(s) is normal and expected. If bruising is visible you can take oral Arnica or apply topical Arnica gel or Cearna Arnica patch to areas that are discolored, but can last up to 2 weeks.
- You may also notice some slight swelling that should subside after a few days.
- Asymmetry and irregularity of the tissue is common and will typically resolve in one to two weeks.
- Pain at the insertion points is normal and may last several days after treatment. Please consult your provider for any pain beyond 2 weeks.
- Stinging, "Pulling", scratchy sensations will all disappear by week 5. Stinging and pulling pain, as well as the scratchy sensation you experience after your procedure, will begin to subside be week 2 and disappear by week 5.

Contact Office

- If any of the threads are exposed or start to extrude.
- If you develop a reddened, hard, painful nodule over one or more of the threads.
- If you experience *increased* redness, swelling, or pain at the insertion site.
- Irregularity or visible ridges (buckling) of threads (2 weeks post-treatment).
- If you have any questions, comments or concerns regarding your treatment.

