

PDO THREADS **POST-OPERATIVE INSTRUCTIONS**

For your safety and comfort, please read the following and adhere closely to the advice given.

Please discuss anything you are unsure of with your Doctor.

If you experience unexpected or undesirable post-operative symptoms that persist for longer than 48 hours or develop over time, contact your Doctor immediately.

Always return for your scheduled follow-up appointment, even if you are satisfied with results.

While most regular daily activities are fine to resume immediately after the procedure (including showering), it is advised that:

FOR 2 WEEKS, DO NOT :

- **Open your mouth widely – including yawning, laughing and eating hard or chewy foods as this will cause pain and discomfort**
- Rub, massage or manipulate the treated area – includes having facials – normal light washing is fine
- Expose yourself to extremes of temperature, either cold or hot eg. Saunas – showers are fine
- Exercise for 5 days
- Have any other facial procedures performed OR do not undergo dental procedures
- DO NOT use anti-inflammatories like Nurofen

DO THE FOLLOWING :

- Expect temporary side effects from the procedure which may last several days eg. Stiffness and/or restricted movement of the treated area, “pulling” pain, dimpling of the skin, swelling, bruising, redness, itching, burning – you may use mild analgesics like aspirin and paracetamol if needed and intermittent, light ice application for any swelling
- Attend a review appointment with your Doctor within 7 days of the procedure
- Contact your Doctor immediately if you experience any unexpected pain, discolouration of the skin or other issue
- Use SPF 30+ broad-spectrum sunscreen daily and AVOID sun exposure
- Realise that additional therapies may be required to achieve optimal results
- After the thread lift procedure, you will expect to see continued improvement for the following 3-6 months, due to collagen production

Your Doctor is:

Please call with any concerns