



PDO THREAD LIFT POST-CARE

Aftercare Instructions

- NO SWIMMING, BATHING (SITE SUBMERSION), SAUNA, SMOKING or ALCOHOL x 3 DAYS.
- NO HEAVY EXERCISE/SWEATING x 1 WEEK
- NO MASSAGE TO TREATMENT SITE x 2-4 WEEKS
- ICE TO TREATMENT SITE x 1ST 3 DAYS
- TOPICAL/SUBLINGUAL ARNICA MAY HELP BRUISING
- MAY TAKE OTC NSAID (IN Rx DOSING) IF NEEDED
- AVOID PRESSURE ON FACE x 2 WEEKS
- NO LASER/IPL/RF/ENERGY TREATMENTS x 1 MONTH

MILD SWELLING, ERYTHEMA, BRUISE AND PAIN MIGHT LAST 1 WEEK.

DISCOMFORT LIKLE PULLING SENSATION or IRRITATION MIGHT OCCUR WHEN MOVING FACE x 1 MONTH.

IF DIMPLE or PROTRUSION DEVELOPS, VISIT OFFICE

Aftercare: Body Threads

BODY THREADS TEND TO CAUSE MORE POST-PROCEDURE PAIN THAN FACE & NECK:

- LARGER SURFACE AREA
- LONGER, LARGER MUSCLES
- MUSCLES & JOINTS MOVE THROUGH GREATER ROM
- TYPICALLY USE THICKER BARBED THREADS + DENSER MESHWORK OF LONGER MONO THREADS.
- BARBED THREADS PUT UNDER GREATER TRACTION STRESS.
- TRACTION-DISTRACTION TECHNIQUE PUTS TISSUE UNDER TENSION.
- THREADS AFFECTED BY MOVEMENT & DIRECT PRESSURE (e.g., CLOTHING, FURNITURE)
- MILD SWELLING, ERYTHEMA, BRUISE AND PAIN MIGHT LAST 1-2 WEEKS

Any questions, please call our friendly staff

Silicon Valley Aesthetics
2730 Aborn Road
San Jose, CA 95121
(408) 528-7020

Silicon Valley Aesthetics
1604 Blossom Hill Rd. #E
San Jose, CA 95124
(408) 620-1679



STEP-WISE POST-CARE ALGORHYTHM

MAY GIVE DEXAPANTHOL, 1cc IM or KETOROLAC, 60mg IM 20-30 MINUTES BEFORE, or IMMEDIATELY AFTER.

Rx: KETOROLAC, 10mg P.O. (#15) TAB 1 P.O. q6h.

OTC NSAID (IN Rx DOSING) FROM DAY #3 ONWARD.

APPLY ICE CONTINUOUSLY x 1st 3 DAYS. VELCO WRAPS CONVENIENT.

OTC TOPICAL NSAID (SALICYLATE-BASED BEST), q2-3h.

Rx TOPICAL NSAID: DICLOFENAC, 1% GEL or KETOROLAC GEL, APPLIED BID-TID.

LIDO-DERM PATCH (MAY BE CUT TO FIT TX SITE).

Rx ORAL ANALGESIC: TRAMADOL, 50-100mg or HYDROCODONE 5/7.5/10mg q4-6h PRN.

MEDROL DOSE PACK/TAPERED-DOSE CORTICOSTEROIDS.

REMEMBER: IT'S EASIER TO PREVENT INFLAMMATORY REACTION THAN IT IS TO TREAT IT ONCE IT IS MANIFEST.

Any questions, please call our friendly staff

Silicon Valley Aesthetics
2730 Aborn Road
San Jose, CA 95121
(408) 528-7020

Silicon Valley Aesthetics
1604 Blossom Hill Rd. #E
San Jose, CA 95124
(408) 620-1679