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 LIKELY 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.

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