



Congratulations on completing your PDO Threads treatment! Below are some recommendations and what you can expect post PDO Threads treatment:

- Ice the treated area for a few minutes for four to five times during the day for the first week if you are experiencing slight bruising or swelling.
- Do not wash or touch your face for at least 12 hours.
- Restrict facial movements for one day.
- Avoid applying makeup or facial cream for at least two days.
- Do not pull your skin, massage, scrub or exfoliate the skin for at least three weeks.
- Do not perform any strenuous activity or heavy lifting for three weeks.
- You can take pain medication as required after the procedure.
- If at all possible, avoid aspirins for the next two weeks after the treatment.
- Try keeping your head elevated for a week.
- Sleep on your back to prevent any swelling.
- Avoid straining or placing pressure on your face.
- Do not schedule dental treatments for at least two weeks after getting the PDO thread lift.