



Pre-Treatment for PDO Threads

- **DO NOT** discontinue any prescribed aspirin or blood thinners.
- To minimize bruising avoid the following blood thinners ~3 days prior to treatment: aspirin, Aleve, Motrin, vitamin E and fish oils – they can cause you to bruise more easily.
- Please limit alcohol use for 7 days prior to the procedure.
- Do not schedule any dental work, including cleanings, 2 weeks prior to or after treatment
- It's important not to have a bacterial or fungal infection, or an abrasion in the desired treatment area as it can spread after injection.
- Always inform your clinician of all medications you may be taking, as well as any changes in your medical history.
- You are not a candidate for PDO Threads if you:
 - are pregnant or breastfeeding
 - have had an allergic reaction to medical suture
 - have an acute illness or acute autoimmune flare
 - have a history of hypertrophic scarring

826 Main Street, Klamath Falls, OR, 97601

541-887-8229

Almondaesthetic.com



Post-Treatment Instructions for PDO Threads

- It is common to feel some tugging and soreness as you move and animate the treated area. These feelings diminish after a week or two.
- Resume your normal daily activities.
- Use Tylenol and ice packs as needed for discomfort.
- Oral and/or topical Arnica will help resolve bruising if it occurs.
- Sleep on your back or in a reclining chair for the next 5-7 days to prevent movement of threads. Propping with pillows may make sleeping easier while staying off your face.
- Return to your normal skin care routine. Gently wash and apply products to your face.
- Notify the clinic of increasing redness, pain, swelling or drainage at the entry points.
- Do not soak or pick at the entry points until healed.
- Avoid dental work for 4 weeks.
- Do not massage the treatment area for a minimum of 4 weeks or until any tenderness is resolved.
- Contact the clinic with any other questions or concerns.

826 Main Street, Klamath Falls, OR, 97601

541-887-8229

Almondaesthetic.com