



POST TREATMENT CARE

Following your treatment with PDO mono threads we recommend you adhere to the following recommendations. This will ensure the results of your treatment are optimal and help avoid unwanted side effects.

It's important to remember PDO mono threads is a biostimulatory treatment meaning it relies on your body's ability to stimulate collagen and elastin to improve skin tissue. This process takes 8-12 weeks.

- Avoid applying pressure to the treated area for 48 hours after treatment.
- Do not massage or apply any pressure to the treated area for 24-48 hours after treatment. Avoiding facials, facial exfoliation waxing, laser treatment or any other activity that applies pressure or heat to the treatment area.
- Avoid activities involving excessive heat e.g. saunas.
- Avoid high impact exercise e.g. running and contact sports for 1 weeks following treatment.
- To reduce the risk of bruising and other unwanted side effects, avoid excessive alcohol for 24 hours after treatment.
- Avoid wearing make up for at least 12 hours after your treatment. You may continue your normal skin care regimen.
- No facial or dental surgery for 4 weeks after treatment.

POSSIBLE MINOR SIDE EFFECTS

- Mild tenderness, bruising, pin-point bleeding under the skin approximately 1 week after treatment.
- End of the thread poking out of the skin, this can happen and is nothing to worry about. Please contact the clinic if this occurs, in some instances the doctor will advise you to remove the thread and discard.
- Tingling and needle like sensations in the treatment area are normal and may occur for a few weeks following treatment.

If you are unwell or concerned about any aspect of your treatment, please don't hesitate to contact the clinic so we may advise and support you.