

PDO Thread Lift Aftercare



In case of emergency or if you have any concerns
following this treatment please contact us

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PDO Thread-Lift Aftercare

- Apply SPF30+ and avoid direct sunlight & sunbeds in order to prevent post inflammatory hyperpigmentation (PIH).
- Gently wash the treated areas on the same day but do not rub or massage the face for 2 weeks.
- Do not open mouth too wide for 3 – 4 weeks (avoid dental treatment for 2 weeks if possible)
- A stinging or “pulling” pain or discomfort is normal. Take paracetamol 500mg 1 – 2 tablets 6 hourly as required. Avoid taking any anti-inflammatory medication such as Ibuprofen/Nurofen. Inflammation is necessary to initiate the new collagen formation process. Nurofen and similar medication will suppress this process.
- Avoid alcohol and anti-coagulant medicine (aspirin, unless prescribed for medical indications) for 7 days.
- Avoid blood ‘thinning’ vitamins C & E for 7 days.
- Avoid temperature extremes such as saunas/steam rooms or very cold climate for 10 days.
- Avoid physical exercise for 7 days.
- Avoid having Radio Frequency(RF) or any heat producing device (laser, IPL, etc.) treatments on the thread treated areas for at least 10 weeks.
- Anti-inflammatory medication may be taken after 7 days.

- Stinging or “Pulling” pain discomfort is normal, This will subside over a 2 week period.
- Scratchy sensation is normal; this will subside over a 2 week period.
- Possible reactions may include infection, swelling or bruising. In very rare cases there may be a foreign body reaction.

It is important to follow the specific aftercare instructions provided to ensure the best possible healing and results. If you have any questions or concerns about the aftercare process, be sure to ask your practitioner for more guidance.