

## PDO Threads Post-Treatment Instructions

### Genesis MedSpa

#### **RESULTS:**

\*Effects can sometimes be seen immediately. Maximum effects will occur in 4-6 weeks.

\*Bruising, swelling and tenderness are all very normal. Topical arnica and cool compresses will speed up healing. Do NOT take Ibuprofen, Motrin, Advil or Naprosyn since these are anti-inflammatory and the results depend upon your body's inflammatory response to the threads. Tylenol is fine to take if needed.

\*Asymmetry and irregularity of the tissue is common and will usually resolve in 1-2 weeks. A follow-up appointment should be made for about 4 weeks after your treatment. At that time, it is normal to need 2-4 more threads inserted.

\*Pain and tenderness in the treated area is normal. This should begin to lessen about 5-7 days after the treatment, although it may take up to a month for the area to return to normal.

#### **AVOID:**

\*Excessive movement or animation of the treated area for 2 weeks.

\*Massage or heavy manipulation of the tissue for 2 weeks.

\*Aesthetic treatments including lasers, microneedling or microdermabrasion for 4 weeks.

\*Strenuous exercise for 1 week after facial treatments and 2 weeks after body treatments.

\*Soaking the treated area in baths, saunas or hot tubs for 2 weeks.

\*Taking Ibuprofen, Motrin, Advil or Naprosyn for 2 weeks. Tylenol is fine.

\*Visiting hospitals or gyms until the puncture holes are completely healed because they are places where MERSA can be picked up and potentially cause an infection.

#### **WHEN TO CALL:**

\*If any of the threads are exposed.

\*If you develop a reddened, hard, painful nodule over any of the threads.

\*If you experience increasing (instead of decreasing) redness, swelling or pain.

\*Irregularity or visible ridges (buckling) of threads more than 2 weeks post-treatment.

**Call Genesis MedSpa at 719-579-6890 with any questions or concerns**