



PDO THREAD LIFT AFTERCARE

1. The numbness should wear off between 2-3 hours. Avoid opening your mouth widely and be gentle with your face until the numbness is gone. Once the lidocaine wears off, you will feel soreness, tightness, and tenderness over the threads. You may take Tylenol and ibuprofen for discomfort. Once you are no longer numb, you may apply ice to reduce swelling. Do not ice while your face is still numb, as you could injure your skin. Do not apply ice over the entry points.
2. If you touch over the threads area, you will be sore until they fully incorporate and soften. You will likely be most comfortable sleeping on your back the first few days. Any direct pressure onto your face directly over the threads will be sore for about two weeks.
3. It is common to feel some tugging as you move the treated area. This gradually diminishes and is usually minor by two weeks. If the threads are anchored below your mouth, you will feel tugging with chewing, speaking, and laughing. You will want to avoid widely opening your mouth for two weeks while the threads are incorporating. You should avoid eating bagels, tall sandwiches, steak, and other items that require lots of chewing or widely opening your mouth for two weeks.
4. Try not to over animate (such as big wide smiles and large yawns) during the first few days as it is possible to pull the anchor of the thread, which would feel like a snap or pop. It can diminish your result if this happens, but it isn't dangerous.

Try not to touch your entry point for 48 hours. You do not need to apply antibiotic ointment. Do not pick at the tiny scab that will form at the entry point.

1. You may put isopropyl alcohol or hydrogen peroxide on a Q-tip and gently rub the site if it itches. Do not apply makeup over the entry point until it is completely healed. Stay out of swimming pools, hot tubs, bathtubs, lakes, or oceans until your entry sites are healed over. This will likely take 1-2 weeks.
2. You may shower tomorrow morning. Let the shampoo and soap wash over the entry point/s. Avoid getting creams, lotions, hair products, or makeup onto the entry point/s.
3. Infection is very rare and but when it occurs, it usually starts about five days after a procedure. It can also occur later from another source, such as strep throat or a dental infection. If you develop new swelling, worsened tenderness, or redness after the initial swelling starts to subside, please get in touch with Dr. Seaman immediately so that she can help.
4. Avoid any unnecessary dental procedures for two weeks. Of course, if you develop a dental infection, you should treat that immediately. If you develop a dental infection and are having a problem getting in with your dentist, contact your primary doctor or me for antibiotics. It's important to treat bacterial infections promptly.

LEAH NICKIE
ADVANCED AESTHETICS



Please get in touch with us if you have any questions or concerns.

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