

PDO Thread Lift Aftercare

DAY 1-21

- Gently wash treated areas but do not rub/massage for 2 weeks
- Sleep on your back (or in a recliner) with support to prevent pressure on your face or other areas treated
- Apply SPF 30+ sunscreen (mineral sunscreen is best)
- For pain, acetaminophen (Tylenol) is OK
- Schedule 1 week, 1 month, and 3 month followup appointments
- Avoid extreme temperatures to the treated areas for 2 weeks
- Avoid strenuous exercise and heavy lifting for 2 weeks
- Avoid direct sunlight and tanning beds
- Avoid NSAIDs (ibuprofen, naproxen) for 7 days
- Avoid alcohol, fish oil, and aspirin (except aspirin prescribed for heart conditions) for 7 days
- Avoid vitamins C, E, and A for 5 days
- Avoid dental work and opening mouth too widely for 2 to 3 weeks. Talking and eating is OK

DAY 7

- Take 2000 mg vitamin C daily
- Take a collagen supplement powder
- Eat plenty of protein to aid healing
- You may use NSAIDs and vitamins again
- Attend 1 week followup

RECOVERY

- Stinging, pulling, scratchy sensations are normal and will subside in 2 to 3 weeks
- Combination procedures after day 7: PRP, micro-needling, fillers
- Possible complications: infection, heat, swelling, bruising, foreign body reaction in epidermis, and thread protrusion. Please contact the office if you notice any of these.
- Extremely rare: temporary facial nerve paralysis can occur from the procedure, anesthetic, or swelling. Symptoms include drooping, change of taste, or lack of tears on one side. If you suspect this, you must inform your doctor immediately or go to the emergency department.
- Attend 1 and 3 month followups



May 2019

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Combination Treatments

- Skin-tightening with Venus Viva and Diamond Polar
- Micro needling
- PRP facial
- Filler
- Botox
- Cool Lifting
- Ozone olive oil

NATURAL AESTHETICS

Because threads give a more natural look, men love them too for wrinkles and drooping cheeks and jawlines

System Support

- Ozone IV
- Hydration IV
- Meyer's IV
- Nutritional counseling
- Sound Healing meditation



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