



MEDICAL AESTHETICS

HINGHAM | EASTON | MILTON

PDO MAX THREAD PRE/POST TREATMENT

PRE CARE:

- If you have a history of medication allergies, anaphylaxis, cold sores or any other medical problems, please inform the treatment provider.
 - You may have some bruising, swelling and/or soreness after this procedure. Over the counter arnica supplements have been shown to decrease swelling. You may begin taking them 3 days prior to treatment.
 - Do NOT use NSAIDS, Aspirin, Motrin, Fish oil, Vitamin E, ginkgo biloba, St. John's wort, garlic pills, or other anti-inflammatory medications for 1-2 weeks before treatment if ok with your physician as they increase the risk of bruising.
 - No alcohol 3 days prior to procedure.
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POST CARE:

- DO NOT massage areas where the threads are placed unless instructed.
- Treated areas may be slightly red, swollen, slightly irregular and bruised for the first 2-5 days and will decrease.
- DO NOT get a facial or a massage in treated areas for 1 month after your procedure.
- AVOID strenuous workouts or active sports for 2-3 days.
- AVOID alcohol for 24 hours if possible.
- AVOID laser, IPL, RF and other energy treatments for 1 month.
- AVOID extreme facial movements and baths for 72 hours.
- If bruising occurs, you may continue Arnica supplements or apply topical arnica gel, drink fresh pineapple juice, and/or take Bromelain supplements to help bruising resolve faster. Only if not contraindicated by your physician.
- DO NOT undergo dental procedures for 3-4 weeks if areas treated were around the mouth
- You can massage small treated areas ONLY if you notice slight puckering or irregularity in an area.