

PDO SMOOTH THREADS

PRE-TREATMENT CARE:

1. Inform Your Provider: Inform your treatment provider of any medical conditions, allergies, or medications you are currently taking, especially blood thinners and anti-inflammatory drugs.
2. Avoid Blood Thinners: Avoid taking blood-thinning medications or supplements, such as aspirin, ibuprofen, vitamin E, and fish oil, for at least 1 week before your treatment, unless otherwise advised by your healthcare provider.
3. Avoid Alcohol: Do not consume alcohol for at least 24-48 hours before your treatment to minimize the risk of bruising and swelling.
4. Avoid Certain Procedures: Avoid facial waxing, threading, or any form of hair removal in the treatment area for at least 1 week before your appointment.
5. Hydration: Drink plenty of water in the days leading up to your treatment to keep your skin hydrated and enhance the treatment's effectiveness.
6. Avoid Dental Work: Schedule any dental work at least 2 weeks before or after your PDO Smooth Threads appointment to prevent any potential infections.
7. Arrive with Clean Skin: Arrive at your appointment with a clean face, free of makeup, lotions, or perfumes.
8. Medication Review: Discuss any medications or supplements you are currently taking with your provider to ensure there are no contraindications.
9. Plan Ahead: Schedule your treatment at least 2 weeks before any major events to allow time for any potential bruising or swelling to subside.

POST-TREATMENT CARE:

1. Avoid Touching: Avoid touching, rubbing, or massaging the treated area for at least 24-48 hours to allow the threads to settle properly.
2. Avoid Heat and Exercise: Avoid vigorous exercise, saunas, hot tubs, and excessive heat for at least 48 hours after your treatment to prevent irritation and swelling.
3. Avoid Alcohol: Refrain from consuming alcohol for at least 24 hours post-treatment to minimize the risk of bruising and swelling.
4. Ice Application: Apply a cold compress or ice pack to the treated area for short intervals to reduce swelling and discomfort.
5. Hydration: Continue to drink plenty of water to keep your skin hydrated and support the healing process.
6. Avoid Makeup: Avoid applying makeup for at least 24 hours post-treatment to reduce the risk of infection.
7. Sleep Elevated: Sleep with your head elevated for the first few nights after your treatment to help reduce swelling.
8. Gentle Skincare: Use gentle skincare products as recommended by your provider and avoid using any harsh or irritating products for at least 1 week post-treatment.
9. Monitor for Reactions: Monitor the treated area for any unusual reactions such as severe redness, swelling, pain, or signs of infection, and contact your provider immediately if they occur.
10. Follow-Up Appointment: Schedule a follow-up appointment with your provider as recommended to assess the results and make any necessary adjustments.

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