

OXFORD & LEAMINGTON FACIAL AESTHETICS

PDO Thread Lift – Aftercare

- 1) Apply SF30 and avoid direct sunlight and tanning machines in order to prevent Post-Inflammatory Hyperpigmentation (PIH).
- 2) Gently wash the treated areas on the same day but do not rub or massage the face for 2 weeks.
- 3) Do not open mouth too wide for 3-4 weeks (avoid dental treatment for 2 weeks if possible).
- 4) A stinging or 'pulling' pain or discomfort is normal. Take paracetamol 500mg 1-2 tablets 6-hourly as required. Avoid taking any anti-inflammatory medication such as Nurofen, because inflammation is necessary to initiate the new collagen formation process. Nurofen and similar medication will suppress this process.
- 5) Avoid alcohol and anti-coagulant medicine (aspirin, unless prescribed for medical indications) for 7 days.
- 6) Avoid blood 'thinning' vitamins C & E for 7 days
- 7) Avoid temperature extremes such as saunas or very cold climates for 10 days.
- 8) Avoid physical exercise for 7 days post procedure.
- 9) Avoid having Radio Frequency (RF) or any heat producing device (laser, IPL, etc.) treatments of the thread treated areas for at least 10 weeks.
- 10) Anti-inflammatory medication may be taken after 7 days.
- 11) Patient must finish course of antibiotics if Cogs were used as part of the treatment (your practitioner will advise you if this is the case).
- 12) Stinging or 'pulling' pain discomfort is normal; this will subside over a 2 week period.
- 13) A scratchy sensation is normal; this will subside over a 2 week period.
- 14) Stinging, pulling, scratchy sensations will all disappear by week 5.
- 15) Possible complications may include infection, swelling, bruising, foreign body reaction in epidermis (granuloma) and protrusion. Extremely rarely, temporary facial nerve fall out may occur due to local anaesthetic, swelling, haematoma or pressure of the cannula or thread on the nerve. Your practitioner must be informed immediately if facial nerve fallout is suspected and if your practitioner cannot be reached then go immediately to A&E.
- 16) Follow up examination 7 days later.
- 17) Combination with other procedures from 7 days onwards: Platelet Rich Plasma Therapy, Derma Roller, dermal fillers.
- 18) Follow up photography at 1 month post-treatment. Note: treatment of untreated areas may be initiated at any time.
- 19) End-point follow-up appointment at 3 months post-treatment for practitioner and patient to consider: (a) are any additional threads required to improve asymmetry or to enhance the effect? (b) The need of a maintenance threads treatment programme to ensure long-term results.