

PDO Thread Lift – Pre-Procedure Care

- We recommend taking a few steps prior to a thread lifting procedure to help with your post-treatment care and to minimise potential discomfort and downtime.
 - Please note, it is your personal responsibility to ensure the suitability for yourself of any medications or natural supplements you choose to take and are not prescribed by us.
 - If you have any questions at all prior to procedure please don't hesitate to contact us.
- 1) Take over the counter non-drowsy **Antihistamine** on the morning of the procedure and every day for 5 days following.
 - Helps minimise **swelling**
 - 2) Take high quality **Arnica** tablets for at least 5 days prior to the procedure and continue for a few days following
 - Helps minimise **bruising**
 - 3) Stop taking any Aspirin or nonsteroidal anti-inflammatories, e.g. Naproxen – if in any doubt please contact us
 - Helps minimise **bruising**
 - 4) Stop taking nutritional **supplements** such as Vitamin E, fish oils and Omega from five days prior to procedure. You can commence these again a few days post-procedure.
 - Helps minimise **bruising**
 - 5) We will give you a private prescription for **Azithromycin** which you can purchase from most chemists. We recommend that you ideally begin taking the antibiotics on the day before or the day of the procedure, and then continue taking them daily until you have finished the course.
 - Helps minimise risk of bacterial **infection**
 - 6) Make sure you are well-rested, hydrated, and have had a good meal prior to the procedure to maintain your blood sugar level
 - Helps you **stay comfortable**