



## PDO Threads and Dermal Filler Post Care

- Swelling post procedure is normal - ice to the site on and off (5 on 5 off) for 30 minutes a day for a few days is ok
- If bruising is visible you can take oral Arnica tables (3 tables, 3x a day for 3 days) or apply topical Arnica gel or Arnica patches to areas that are discolored. Eating pineapple may or may not help as well.
- Avoid aesthetic treatments like RF, IPL, laser, or microneedling for 4 weeks
- Avoid strenuous exercise for 1 week after facial filler
- Avoid steam rooms, saunas, hot tubs, or any water source that may not be clean or may be excessive in temperature for 2 weeks
- Avoid washing your hair or showering for 24 hours post procedures
- Avoid touching your face for the remainder of the day. Pat your skincare/makeup on in the following days, don't rub or pull
- Feel free to cleanse your face before bed with a gentle cleanser
- Avoid smoking for 1-2 weeks to prevent infections and delayed healing
- Avoid dental treatments for 2 weeks after your procedure (if possible, unless emergency)

## DERMAL FILLERS - WHEN TO CALL

- If you develop a reddened, hard, painful nodule over one or more of the sites of cannulation
- If you notice any white blanching of your tissue that doesn't regain circulation when you press down on it- it stays stark white
- If you notice any odd discoloration, spider web-like bruising, lace-like appearance, or pustules on the surface of the skin
- If you have any questions regarding your treatment

## PDO Thread Specific

- Asymmetry and irregularity of the tissue are common and will typically resolve in 1-2 weeks after PDO threads due to tissue manipulation and fluid.
- Avoid excessive movement or animation of the area for 2 weeks
- Avoid massage or manipulation of tissue for 2 weeks
- Avoid chewing, yawning, or smiling too dramatically for up to one (1) month
- Elevate head for four (4) hours post procedure
- Sleep in head-up position for 3-4 days to avoid dislodging threads

## WHEN TO CALL

- If any of the threads are exposed or start to extrude
- If you develop a reddened, hard, painful nodule over one or more of the threads
- If you experience increased redness, swelling, or pain at the insertion site
- Irregularity or visible ridges (buckling) of threads (2 weeks post-treatment)
- If you have any questions regarding your treatment

PLEASE NOTE: To increase the rate of healing time and decrease swelling or bruising, your provider may encourage you to take oral antihistamines (Zyrtec, Benadryl) and histamine blockers (Zantac, Prilosec, Tagamet).