



## Post Treatment Instructions For PDO Threads

- Cold compresses may be applied to the injected area immediately after treatment for swelling.
- You should avoid strenuous exercise for 1-2 weeks following the procedure.
- Take Aleve or Advil for pain and to reduce swelling, as needed.
- Gently clean the area for the first 48 hours and avoid makeup in the areas where the threads were placed.
- If the threads are placed in the jaw or cheek area, you may want to avoid chewing or stretching the mouth too much. A soft diet for the first 24-48 hours is recommended.
- You may gently massage the area treated if you see any irregularity or puckering of the skin to smooth out the area.
- Most side effects are mild or moderate in nature and their duration is short. The most common side effects include, but are not limited to, temporary injection site reactions such as redness, pain/tenderness, firmness, swelling, lumps/bumps, bruising, itching and discoloration. As with all skin injection procedures there is a risk of infection.
- If you have previously suffered from cold sores in the area being treated, there is a risk that the needle punctures could contribute to another occurrence. Continue anti-viral medications as instructed by your physician.
- Avoid sleeping, laying or putting pressure on the injection site for the next week.
- The presence of the threads can be felt up to 60 days.
- Contact the office immediately if you have any unusual symptoms, such as increasing pain, signs of infection, swelling and redness that does not subside within 3-4 days.

***De Luz Medical Aesthetics***  
31843 Rancho California Road, Suite 200  
Temecula, CA 92591  
951-694-3600