

# lachelé

AESTHETICS & WELLNESS

## PDO Thread Post Treatment Instructions

### **What to expect:**

- It may take 2 weeks or longer for the treatment effect to be noticeable.
- Bruising is normal and expected – if bruising is visible you can start taking oral Arnica and apply topical/transdermal arnica cream.
- Swelling, bruising and tenderness may be present after the procedure. Icing can help to lessen the swelling.
- Asymmetry and irregularity of the tissue and surrounding areas treated is common and will resolve.
- Pain at the injection site is normal – this may last up to two weeks after treatment. You may take Tylenol for pain relief.
- Bunching may be visible and last for up to 10 days.
- What you need to do:
  - Continue icing for first three days after treatment. Avoid rubbing the face aggressively when washing, shaving and drying for the next 5 days. Be gentle and don't push too hard in your treatment areas.
  - Do not wear makeup for 48 hours. Keep the injection sites clean.
  - Try to sleep face-up and elevated on pillows for the next 3 days to minimize swelling and pressure on the treatment areas.

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A E S T H E T I C S & W E L L N E S S

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- Avoid dental procedures for two weeks that will require you to open your mouth widely.
- If there are any incisions in the hairline, avoid washing hair and taking a shower for a day or two after procedure.
- If you see any irregularity near the thread entry point or puckering of the skin of the treated areas, you may gently massage those areas by applying a small amount of moisturizer and massaging in circular motions. You may repeat this 3 to 5 times a day.
- If any threads are exposed or start to extrude, please contact your injector to have a gentle maneuver performed in the office. Please notify your clinician if this occurs regardless of whether you are able to return to the office or not.
- Upon facial expression, avoid any aggressive, exaggerated (big smiles and yawns) muscle movements of the face. Avoid large bites of hard food that are tough to chew. Avoid excessive neck movements after the procedure for about 2 weeks to minimize stress on the lift until the threads are more incorporated into the tissue.
- No heat based facial treatments or facial massage for approximately 2-4 weeks post treatment to prevent maneuvering of threads.

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- No intense exercise like running, headstands, yoga, and/or strenuous workouts for 2 weeks post treatment. For more aggressive thread treatments you will more time off from high impact exercise, as this may create too much facial and neck movement.
- Don't use saunas for at least 2 weeks.
- You may use oral, topical or transdermal arnica surrounding your procedure to help minimize bruising.

### **When to call:**

- If you experience increased redness, swelling, or pain at an injection area.
- If one or more of the threads begin to extrude.
- If you have any further questions or concerns regarding your treatment.
- If you develop a hematoma, or signs of infection such as pain, inflammation, redness and/or fever.
- Follow up at two weeks and then 3 months post treatment.

If you have any questions or concerns, please call our New Hope (215) 862-6100, Newtown (267) 753-7676, Upper Dublin (215) 515-1770 or Ellis Preserve (215) 714-7104 office. During off hours, call Dr. Espinoza's cell at (908) 303-5694. You can also email us at [team@lachele.com](mailto:team@lachele.com)