

Shawna Flanagan MD
Brittany Zimmerman PA-C

PDO THREADS AFTERCARE

Results:

- It may take 2 weeks or longer for the treatment effect to be noticeable.
- Bruising and swelling is normal and expected-if bruising is visible, you can start taking oral Arnica and apply topical arnica cream.
- Asymmetry and irregularity of the tissues treated is common and will resolve.
- Pain at the injection site(s) is normal-this may last several days or even one week after the treatment.
- Take Tylenol as needed for discomfort (avoid Advil or aspirin)

What you need to do:

- If you see any irregularity 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.
- Avoid exercise for 24 hours unless you are told otherwise by your clinician.

When to call:

- If you experience increased redness, swelling, or increased pain at the injection area.
- If one of the threads begins to project from the skin.
- If you have any questions or concerns regarding your treatment.

If you have any questions or concerns please feel free to call
(561) 296-5222.