

# Post-Procedure Discharge Instructions: PDO Thread Lift

Patient Name: \_\_\_\_\_

Date of Procedure: \_\_\_\_\_

Clinician: \_\_\_\_\_

## 1. Immediate Aftercare

- Keep the treated area clean and dry for the first 24 hours.
- Apply a cold compress gently to the treated area for 10-20 minutes every hour for the first day to reduce swelling.
- Avoid touching or rubbing the entry points for at least 48 hours.

## 2. Activity Restrictions

- Sleep on your back with your head elevated for 3 to 5 nights to prevent pressure on the threads.
- Avoid strenuous exercise or heavy lifting for 2 weeks.
- Avoid excessive facial expressions, wide yawning, or vigorous chewing for 1 week.
- Do not schedule dental work for 2 to 4 weeks post-treatment.
- Avoid saunas, steam rooms, and direct sun exposure for 2 weeks.

## 3. Medications and Skincare

- Use Paracetamol for discomfort. Avoid anti-inflammatory medication (Ibuprofen, Aspirin) for 48 hours unless prescribed.
- Do not apply makeup for at least 24 to 48 hours.
- Be very gentle when washing your face; use an upward motion only.

## 4. What to Expect

- Mild swelling, bruising, and tenderness are normal and should subside within 7 to 14 days.
- You may feel a "tugging" sensation or slight puckering of the skin; this usually resolves as the threads settle.

## 5. When to Call the Clinic

Contact us immediately if you experience:

- Severe or increasing pain at the insertion site.
- Redness, warmth, or pus (signs of infection).
- Thread protrusion or visible knots.
- Sudden asymmetry or fever.

**Emergency Contact Number:** \_\_\_\_\_

**Follow-up Appointment:** \_\_\_\_\_