



915 SE Ocean Blvd, Ste. 5  
Stuart, FL 34994  
772-219-4552

## **PDO THREADS POST TREATMENT INSTRUCTIONS**

- Avoid exercise for 24 hours
- It may take 2 weeks or longer for the treatment effect to be noticeable
- Asymmetry and irregularity of the tissue treated is common and should resolve
- Pain at the injection site(s) is normal-this may last several days or even one week after treatment. You may occasionally also feel a stinging sensation as the solid filler threads settle in, this is normal
- Bruising and swelling is normal and expected-if bruising is visible you may start taking oral Arnica and apply topical Arnica cream
- If you see any irregularity or puckering of the skin of the treated areas, you may gently massage those areas by gently massaging in circular motions. You may repeat this 3 to 5 times a day