



Post Operative Instructions: PDO Threads

For your safety and comfort, please read the following and adhere closely to the advice given.

Please discuss anything you are unsure of with your Dentist.

- If you experience unexpected or undesirable post-operative symptoms that persist for longer than 48 hours or develop over time, contact your Dentist immediately.
- Always return for your scheduled follow-up appointment, even if you are satisfied with results.
- While most regular daily activities are fine to resume immediately after the procedure (including showering), it is advised that:

For 2 Weeks, Do not:

- Open your mouth widely - including yawning, laughing and eating hard or chewy foods as this will cause pain and discomfort
 - Rub, massage or manipulate the treated area - includes having facials - normal light washing is fine
 - Expose yourself to extremes of temperature, either cold or hot eg. Saunas - showers are fine
 - Exercise for 5 days
 - Have any other facial procedures performed OR do not undergo dental procedures
 - DO NOT use anti-inflammatories like Nurofen
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Do the Following:

- Expect temporary side effects from the procedure which may last several days eg. Stiffness and/ or restricted movement of the treated area, "pulling" pain, dimpling of the skin, swelling, bruising, redness, itching, burning - you may use mild analgesics like aspirin and paracetamol if needed and intermittent, light ice application for any swelling
 - Attend a review appointment with your Dentist within 7 days of the procedure
 - Contact your Dentist immediately if you experience any unexpected pain, discolouration of the skin or other issue
 - Use SPF 30+ broad-spectrum sunscreen daily and AVOID sun exposure
 - Realise that additional therapies may be required to achieve optimal results
 - After the thread lift procedure, you will expect to see continued improvement for the following 3-6 months, due to collagen production
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