

This document is designed to provide information about [PDO Thread](#) procedures, its benefits, potential risks, and alternative procedures. It is important that you read this information carefully and have all of your questions answered before signing the consent form.

**The Procedure:** This is a non-invasive and non-surgical skin rejuvenation procedure with little downtime that provides a subtle lifting and tightening effect to the skin achieved by the injection of a special bio-absorbable and anti-microbial thread called polydioxanone (PDO), which has properties that stimulate the synthesis of collagen and elastin. This procedure is administered via the injection of very fine needles into the determined treatment area(s) of the face or body. The needles contain the PDO filament, or thread. When the needles are placed in the skin and later retrieved, the PDO thread is left in the skin to:

- Stimulate collagen production
- Smooth fine lines & wrinkles
- Soften creases and deep folds
- Fill in recessed scars
- Contour facial features (chin, jawline)
- Lift forehead or eyebrows
- Lift & enhance cheeks
- Upper lip definition
- Enhance area(s) of Stretch mark
- Rejuvenate hands
- Rejuvenate neck
- Restore hair growth

The type of PDO threads used, length of the needles, and depth of the injection(s) will depend on the area being treated. The PDO thread will dissolve in the skin tissue in approximately 2 - 6 months. In the process, the PDO will generate collagen and elastin stimulation, producing a natural tightening effect in the treated areas. Improvement is gradual and full correction appears between 4-6 weeks after treatment and regular maintenance treatments help sustain the desired level of correction. Most patients are pleased with the results of the PDO thread procedure. However, like any cosmetic procedure, there is no guarantee that you will be completely satisfied. While the effects of PDO threads can last longer than other comparable treatments, the procedure is still temporary. Additional treatments will be required periodically to maintain the results. It is possible that sutures may extrude, have to be trimmed or have to be removed in the future.

- **Natural results:** Natural yet noticeable results can be achieved with the PDO thread procedures.
- **Non-Surgical:** The procedure doesn't involve any cutting and incisions.
- **Minimal downtime:** PDO thread is a non-surgical procedure with minimal downtime.
- **Cost-effective:** Thread lift is a very cost-effective way to achieve a more youthful appearance compared to other aesthetic procedures.
- **Safety:** PDO threads are FDA approved and have a decade long safety track record in surgery and wound closure.

**Contraindications** include, but are not limited to the following:

- Pregnancy, trying or breastfeeding
- Severe allergies or a history of anaphylaxis to components of the particular filler or local anesthetics
- Blood thinning medications within the last week
- History of surgical face lift
- Recent COVID/Flu vaccine or positive COVID test
- History of keloid scarring or abnormal wound healing
- Poorly controlled medical conditions (*i.e. diabetes, vascular*)
- Impaired immune system and/or use of immunosuppressive medications
- Active inflammation or infections (e.g. cysts, pimples, rashes or hives).
- Impaired judgment, psychological conditions, and substance or alcohol abuse
- **Patients with unrealistic expectations**

**Risks & Possible Side Effects** include, but are not limited to the following:

- **Discomfort:** Some discomfort may be experienced during treatment.
- **Common injection-related reactions:** These may include but are not limited to swelling, pain, itching, discoloration, bleeding, bruising or tenderness at the injection site. These may last from a few hours to a few days. In some cases, bruising can take several days.
- **Bleeding and bruising:** You may experience some bleeding during the procedure. Hematoma or a small blood clot may occur and may require treatment by drainage. There is a higher risk of bleeding and bruising if you have taken any anti-inflammatory medications (e.g. Advil, Motrin, Aspirin and Ibuprofen) during the 10 days preceding the procedure.
- **Infection:** As with all injections, this procedure carries the risk of infection.
- **Allergic reaction:** Allergies have been reported. Allergic reactions may require additional treatment.
- **Scarring is a rare occurrence,** but it is possible when the skin's surface is disrupted.
- **Damage to deeper structures:** Although rare, deeper structures (nerves, blood vessels and muscles) may be affected during the procedure. Injury to deeper structures may be temporary or permanent.
- **Delay in healing:** Complications may occur as a result of smoking, using a straw or similar motions, which are strongly discouraged. Slight asymmetry, redness, visible sutures and suture breakthrough may require additional treatment.
- Patient failure to follow pre / post-care instructions concerning appropriate activity, product use, and sun protection.

Although the majority of patients do not experience any side effects and/or complications, you should discuss each of the above with your practitioner to make sure you understand the limitations, risks, and potential complications of this aesthetic procedure.

**Alternative Procedures:** PDO thread injection is an elective aesthetic procedure, which is not medically necessary or required.



**Pre / Post Care Instructions:** Compliance with the recommended pre / post-care instructions as well as recommended follow-up visits by your practitioner is crucial in minimizing the risk of side effects and complications. **It is your responsibility to inform your practitioner of your most recent sun exposure, new medications, or changes in medical history before each treatment is performed.**

### **Before Your Treatment**

- You may not be pregnant, trying to be pregnant, or lactating.
- It is not recommended to have a PDO thread injection less than 2 weeks before a big event.
- You should not schedule any vaccination or invasive procedures for 2 weeks before or after treatment with PDO thread. These include but are not limited to COVID/Flu vaccine, dental dental work, lesion excision or biopsy, surgery of any kind, tattoo or permanent makeup.
- Inform your practitioner if you have a history of medication allergies, history of anaphylaxis, and any other medical conditions.
- If you are prone to cold sores, it is recommended to take an antiviral medication for 3 or more days before and after your treatment.
- To minimize bruising or bleeding it is best not to take any blood thinning or NSAIDs medications, vitamins, and supplements (unless otherwise prescribed by your doctor) for at least 3 days to 1 week before your treatment.
- If you have a tendency to bruise easily, you may start taking over-the-counter Arnica Montana tablets 3 days before your treatment.
- Do not apply potentially irritating products for 2 days before and after your treatment (e.g. tretinoin, retin-a, glycolic acid, hydroquinone).
- Avoid alcohol, caffeine, and cigarettes for 24-48 hours before and after treatment as they may contribute to increased swelling or irritation.
- Stay hydrated by drinking 8+ glasses of water daily to improve results & healing time.
- Always use an SPF 30 or higher containing zinc oxide and/or titanium dioxide for proper sun protection.
- Reschedule your appointment if you develop a cold/flu, cold sore, blemish, or rash, etc. in the area to be treated prior to your treatment.
- It is recommended that you wait at least 2 weeks after other cosmetic treatments such as lasers, peels, microneedling, or facials.

### **Day of Treatment**

- Arrive with clean skin free of any lotion, oil, makeup, powder, or sunscreen.
- Notify your practitioner of any changes in your medication, health status, or personal activities that may be relevant to your treatment.
- Topical numbing cream for 30-45 minutes or regional nerve blocks may be administered to maximize your comfort during the procedure.
- You may experience a mild/moderate amount of tenderness and discomfort during your procedure.

### **After your treatment**

- Immediately after the treatment, there may be redness, bruising, swelling, tenderness, and/or itching near the injection site. Avoid touching, rubbing, picking, or manipulating the injected area(s) for 12 hours after your treatment. This is normal and generally disappears within a few hours to a few days. If these symptoms last more than 3 days, please contact your practitioner.
- Avoiding pressure, apply a cool compress to the treatment area(s) as this helps reduce swelling and the potential for bruising.
- You may take Acetaminophen/Tylenol if you experience any mild tenderness and discomfort.
- You may take over-the-counter Arnica Montana tablets or apply Arnica Montana topical cream to help reduce bruising.
- Refrain from applying make-up for a minimum of 24 hours.
- Wash and dry the treatment area(s) gently without rubbing or massaging for 7 days after.
- Minimize excessive movement of the treated area(s) for 3 days after.
- Sleep on your back for the first few nights to relieve pressure on the treatment area(s).
- Avoid alcohol, caffeine, and cigarettes for 24-48 hours before and after treatment as they may contribute to increased swelling or irritation.
- Avoid vigorous exercise, sun and heat exposure for 3 days after. (i.e., sunbathing or tanning bed).
- Always use an SPF 30 or higher containing zinc oxide and/or titanium dioxide for proper sun protection.
- Do not apply potentially irritating products for 2 days after (e.g. tretinoin, retin-a, glycolic acid, benzoyl, hydroquinone).
- Refrain from applying make-up for a minimum of 24 hours.
- Avoid blood thinning or NSAIDs medications, vitamins, and supplements (unless otherwise prescribed by your doctor) for 1 week after.
- Avoid scheduling any vaccination or invasive procedures for 2 weeks after. These include but are not limited to COVID/Flu vaccine, massages, dental dental work, lesion excision or biopsy, surgery of any kind, tattoo or permanent makeup.
- Avoid cosmetic treatments such as laser, ultrasound, peels, facials or microdermabrasion for 2 weeks after.
- It is common to feel "firmness" in the treated area(s) after the first few days and weeks of the procedure. Over time, the area(s) will soften and "settle", leaving you with a soft, natural looking result.
- Schedule a follow-up appointment 14 days after your treatment for your practitioner to assess the outcome.

**If you experience any side effects, such as prolonged discomfort or swelling, a histamine reaction, or infection, immediately contact your practitioner for proper assessment and care instructions.**