



**AK Care**  
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## **Post Treatment Care for PDO Threads**

Congratulations! You just experienced a Threads treatment. Here are your post-treatment instructions and what to expect.

### Results

- Effects should be noticeable immediately after treatment however maximum effect will occur in 4-6 weeks.
- Bruising and swelling is normal and expected – if bruising is visible you can start taking oral Arnica and apply topical Arnica cream to areas that are discolored.
- Asymmetry and irregularity of the tissue is common and will resolve on its own in about 2 weeks.
- Pain at the insertion points is normal and may last several days to 2 weeks after treatment. Any pain beyond 2 weeks should be addressed by provider.

### Avoid

- Excessive animation of the face for 2 weeks.
- Massage and manipulation of facial tissue for 2 weeks.
- Aesthetic treatments including RF, IPL, laser, and micro-needling for 4 weeks.
- Avoid strenuous exercise for 72 hours.

### When to call

- If any of the threads are exposed or start to extrude.
- If you develop a reddened, hard, painful nodule over one or more of the threads.
- If you experience increased redness, swelling or pain at the insertion site.
- Irregularity or visible ridges (buckling) of threads 2 weeks post-treatment.
- If you have any questions regarding your treatment.

To increase the rate of healing time, and decrease swelling and bruising, your provider may encourage you to take oral antihistamines.



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PDO post treatment recommendations - all PDO procedures

- Avoid picking and manipulating the suture at the procedure site. This can cause more bruising, infection, the perforation of the suture through the surface of the skin or the disjunction of the suture to the skin and muscle.
- Avoid baths and use showers for one week following your procedure.
- Avoid excessive exercise/sport for one week following your procedure.
- For blood clot type bruises (hematomas) you may apply cold compresses gently to the area. Arnica or Vitamin K may be applied after procedure for 5-7 days for bruising and swelling if needed.
- Report any increased severe redness or irritation lasting over 5 days or if you have any questions or concerns, please call.

PDO post treatment recommendations - facial PDO procedures

- Keep head elevated on several pillows for the first 3 nights after procedure.
- Avoid any direct pressure to the face and area where the sutures were placed for one week after the procedure (for example, sleeping face down, excessive chewing, talking, yawning, smiling and other facial movements during the week after your procedure).
- You may wash your hair and face with very gentle upward and outward motions that lift the skin in the same directions as the sutures lift the skin.
- Banding may appear, which is normal and is nothing to be concerned about. Applying warm water compresses and time will resolve any banding issues.