

PDO Thread: Aftercare

1. Ice the treated area 4 to 5 x daily for the first week.
2. Restrict facial movements for one day.
3. You can move around wherever you want, but don't perform any strenuous activity or heavy lifting for three weeks.
4. You can take Tylenol for pain post procedure. Please complete prescribed medication.
5. It is best to avoid aspirin/ibuprofen for the next two weeks after the treatment.
6. Avoid applying makeup or facial cream for at least 48 hours.
7. Consume soft foods/do not chew gum for at least a week.
8. Experiencing slight discomfort in the first two days after the procedure is normal, it will gradually reduce.
9. Sleep on your back and keep your head elevated in bed for a week.
10. Don't pull, massage, scrub or exfoliate the skin for at least three weeks.
11. Cleanse entry point with 1/2 peroxide 1.2 water solution and apply triple antibiotic 2 x per day
12. Avoid getting any dental treatment for at least two weeks.

In case of unusual pain or swelling, it is important to consult your practitioner to get the appropriate treatment immediately.

Enjoy your rejuvenated look!

ME Aesthetics
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