



REVIVE PDO Thread Pre and Post Instructions

Pre-Thread Lift Instructions:

- It is ideal to schedule this procedure 4 or more weeks prior to a big event
- If you have a history of medication allergies, anaphylaxis, or any other medical problems, please inform your provider.
- You may have some bruising or swelling after this procedure. Over the counter Arnica montana supplements have been shown to decrease swelling. You may begin taking them 3 days prior treatment.
- Do NOT use aspirin, motrin, advil, ibuprofen, Vitamin E, ginkgo biloba, fish oil, St. John's Wort, garlic pills, or other anti-inflammatory medications for 1-2 weeks prior if okay with your primary care physician as they can increase the risk of bruising.
- You may take Tylenol for mild pain or headaches
- Please be sure to eat and be well hydrated prior to your appointment.

Post-Thread Instructions:

- DO NOT massage areas where the threads are placed.
- Treated areas may be slightly red, swollen, slightly irregular and bruised for the first 2-5 days before improving.
- If bruising occurs, you may continue Arnica montana supplements or apply topical Arnica montana gel, drink fresh pineapple juice, and/or take Bromelain supplements to help bruising resolve faster.
- AVOID strenuous workouts for 1 week and alcohol for 24 hours if possible
- If you notice slight puckering or irregularity that persists beyond 7 days, use a warm compress 2-3 times daily. Please call the office.
- DO NOT get a facial or a massage in treated areas for 2 weeks after your procedure.
- DO NOT undergo dental procedures for 3 to 4 weeks if areas treated were around the mouth.
- Please call the office if you notice any threads extruding from the skin.
- Avoid facial laser treatment or radiofrequency skin treatments for 1 month.