



# PDO LIFT

## PRE AND POST CARE

### PDO Lift Pre and Post-Care Instructions

PDO (Polydioxanone) lifts are minimally invasive treatments designed to lift and tighten sagging skin on the face and body. This procedure uses absorbable threads inserted into the skin to provide an immediate lifting effect and stimulate long-term collagen production. PDO threads dissolve naturally over time, leaving the skin firmer and more youthful.

The results from a PDO lift can be seen immediately, with full effects developing over the next few months as collagen production increases. Results usually last between 12 to 18 months, depending on skin characteristics and maintenance. If you want to achieve optimal results and reduce complications, you must follow all pre- and post-treatment instructions.

If you experience any issues or concerns not mentioned here, please contact our clinic for additional guidance.

### Pre-Treatment Care

- **Avoid sun exposure:** Refrain from going into direct sunlight and refrain from tanning for at least two weeks before your appointment to avoid skin irritation.
- **Stay hydrated:** Drink lots of water the days before your treatment to keep your skin well-hydrated and healthy.
- **Avoid blood-thinning medications:** Do not take aspirin, anti-inflammatory drugs, or blood thinners for at least one week before your PDO lift unless instructed otherwise by your healthcare provider.
- **Avoid alcohol:** Do not consume alcohol for a few days before the procedure, as it can increase the risk of bruising.
- **Clean skin:** To ensure proper treatment, arrive at the clinic with clean skin, free from makeup, creams, or lotions.

### Post-Treatment Care

Following your PDO lift, adhere to the following post-care guidelines to enhance results and reduce discomfort:

- **Avoid makeup:** Refrain from applying makeup or harsh skincare products for a day after your treatment.
- **Use cold compresses:** Apply cold compresses to the treated area for 10–15 minutes every few hours to reduce swelling and discomfort.
- **Sleep elevated:** Keep your head elevated while sleeping for the first few nights to minimize swelling.
- **Avoid sun exposure:** Use broad-spectrum sunscreen daily for at least two weeks after treatment to protect your skin from direct sunlight.
- **Avoid strenuous activity:** Avoid heavy exercise for a few days after your PDO lift to prevent excessive swelling.
- **Avoid alcohol and tobacco:** Refrain from alcohol and smoking for 48 hours after the procedure, as these can slow the healing process.
- **Avoid touching the treated area:** Avoid massages, scrubs, and pressing on the treated area for at least one week to prevent threads from dislodging.
- **Gentle skincare:** Use a gentle, hydrating moisturizer to keep the skin soothed and promote healing.
- **Avoid dental procedures:** If your PDO lift involves the face, avoid dental procedures for at least two weeks, as opening your mouth wide can impact the treated area.

If you have any questions or concerns about your pre- or post-treatment care, don't hesitate to contact our office. We're here to ensure you achieve the best possible results from your PDO lift.